

Distress Tolerance Skills: IMPROVE the Moment

Name _____ Date _____

When you are feeling stressed you can IMPROVE the Moment with:

I	Imagery – Imagine yourself in a soothing, calming place. What places and images could you use in this situation? List a few below.
M	Meaning - Find or create some purpose, meaning, or value in what you are experiencing. What meaning could you ascribe to the situation? Write it below.
P	Prayer – Call upon your own Higher Power or consider meditation. What prayers or meditations might help in this situation? List one or more below.
R	Relaxation – What sorts of relaxing activities to engage in for self-soothing? List a few below.
O	One thing at a time - Focus your entire attention on what you are doing right now. Keep your mind in the present moment. What helps you stay one-mindful? List a few of these things below.
V	Vacation – Give yourself a “mini vacation” by pausing what you are doing for a few minutes. What ways could you take a short break? List a few below.
E	Encourage – Be your own cheerleader by repeating encouraging statements to yourself. List a few positive, encouraging statements you could use below.