



Create Your Crisis Survival Kit

Home Survival Kit

Below, list 10 "tools" that you can use to create your home survival kit. Think back to DBT techniques like Wise Mind ACCEPTS skills, TIPP skills, IMPROVE skills, and Self-Soothe skills. Using a sturdy box, bag or basket, place the survival kit items inside: for example, an iPod, a stress ball, your favorite scented lotion, a picture of your favorite vacation spot, a favorite magazine, a crossword book, essential oils, herbal tea bags, a favorite piece of candy, etc.

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School / Work Survival Kit

Create a smaller version of your kit for school or work that fits in a smaller container (like a pencil case or lunchbox). Consider items that can be used at your desk: for example, multicolored rubber bands to stretch, paper and pens for doodling, a mini-pack of playdough, a squeeze ball, silly putty, printed photographs, snacks or a list of people you can approach when you have a break.

1. -----
2. -----
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Crisis Survival Skills: Distract with Wise Mind ACCEPTS

Activities	Do something. Call, email, text, or visit a friend; watch a favorite movie or TV show; play your instrument or sing; play video games; draw, cook or bake; write in a journal; clean your room; go for a walk or exercise; read a book; listen to music; go online and download music, apps; play a game with yourself or others.
Contributing	Contribute to (do something nice for) someone. Help a friend or sibling with homework; make something nice for someone else; donate things you don't need; surprise someone with a hug, a note, or a favor; volunteer.
Comparisons	Compare yourself to those less fortunate. Compare how you are feeling now to a time when you were doing worse. Think about others who are coping the same or less well than you.
Emotions	Create different emotions. Watch a funny TV show or emotional movie; listen to soothing or upbeat music; get active when you are sad; go to a store and read funny greeting cards or joke books.
Pushing Away	Push the painful situation out of your mind temporarily. Leave the situation mentally by moving your attention and thoughts away; build an imaginary wall between you and the situation. Put the pain in a box and on a shelf for a while.
Thoughts	Replace your thoughts. Read; do word or number puzzles; count numbers; color in a poster, tiles on a wall, anything; repeat the words to a song in your mind.
Sensations	Intensify other sensations. Hold or chew ice; listen to loud music; take a warm or cold shower; squeeze a stress ball; do sit-ups and push-ups; pet your dog or cat.



Crisis Survival Skills: TIPP Skills for Managing Extreme Emotions

When emotional arousal is very HIGH!!!!

- You are completely caught in Emotion Mind.
- Your brain is not processing information.
- You are emotionally overwhelmed.

“TIPP” your body chemistry to reduce extreme Emotion Mind quickly with:

Temperature

Tip the temperature of your face with cold water to calm down fast. Holding your breath, put your face in a bowl of cold water; keep water above 50° F. Or, hold a cold pack or ziplock bag with ice water on your eyes and cheeks, or splash cold water on your face. Hold for 30 seconds.

Caution: Ice water decreases your heart rate rapidly. Intense exercise will increase your heart rate. If you have a heart or medical condition, lowered base heart rate due to medications, take a beta blocker, or have an eating disorder, consult your health care provider before using these skills. Avoid ice water if allergic to the cold.

Intense Exercise

To calm down your body when it is revved up by emotion. Engage in intense aerobic exercise, if only for a short while (10-15 minutes). Expend your body's stored-up physical energy by running, walking fast, jumping rope or jumping jacks, playing basketball, weight lifting, putting on music and dancing. *Don't* overdo it!

Paced Breathing

Slow your pace of breathing way down (to about 5-7 in and out breaths per minute). Breathe deeply from the abdomen. Breathe *out* more slowly than you breath *in* (e.g. 4 seconds in and 6 seconds out). Do this for 1-2 minutes to bring down your arousal.

Progressive Muscle Relaxation

Tense and relax each muscle group, head to toe, one muscle group at a time. Tense (5 seconds), then let go; *relax* each muscle all the way. *Notice* the tension; *notice* the difference when relaxed.