Wise Mind: States of Mind

Reasonable Mind Is:
- Cool
- Rational
- Task-Focused

Emotion Mind Is:
- Hot
- Mood Dependent
- Emotion-Focused

Wise Mind Is:
- The wisdom within each person
- Seeing the value of both reason and emotion
- Bringing the left brain and right brain together
- The middle path

When in *reasonable mind*, you are ruled by facts, reason, logic, and pragmatics. Values and feelings are not important.

When in *emotion mind*, you are ruled by your moods, feelings, and urges to do or say things. Facts, reason, and logic are not important.
Distress Tolerance - Handout 2

Distracting

A way to remember these skills is to remember the term “Wise Mind ACCEPTS:

With **Activities**:  
- Focus attention on a task you need to get done.  
- Rent movies; watch TV.  
- Clean a room in your house.  
- Find an event to go to.  
- Play computer games.  
- Go walking. Exercise.  
- Surf the internet. Write emails.  
- Play sports.

- Go out for a meal or eat a favorite food.  
- Call or go out with a friend.  
- Listen to music.  
- Build something.  
- Play cards.  
- Read magazines, books, comics.  
- Do crossword puzzles or Sudoku.  
- Other: __________________________

With **Contributing**:  
- Find volunteer work to do.  
- Help a friend or family member.  
- Surprise someone with something nice (a card, a favor, a hug).  
- Give away things you don’t need.

- Call or send a text to someone encouraging someone or just saying hi.  
- Make something nice for someone else.  
- Do something thoughtful.

With **Comparisons**:  
- Compare how you are feeling now to a time when felt different.  
- Think about people coping the same as you or less well than you.

- Compare yourself to those less fortunate.  
- Watch reality shows about others’ troubles; read about disasters, others’ suffering.  
- Other: __________________________

With different **Emotions**:  
- Read emotional books or stories, old letters.  
- Watch emotional TV shows; go to emotional movies.  
- Listen to emotional music.  
*(Be sure the event creates different emotions.)*

- Ideas: Scary movies, joke books, comedies, funny videos, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards.  
- Other: __________________________

With **Pushing away**:  
- Push the situation away by leaving it for awhile.  
- Leave the situation mentally.  
- Build an imaginary wall between yourself and the situation.  
- Block thoughts and images from your mind.  
- Notice ruminating: Yell “No!”

- Refuse to think about the painful situations.  
- Put the pain on a shelf. Box it up and put it away for awhile.  
- Deny the problem for the moment.  
- Other: __________________________

With **Thoughts**:  
- Count to 10; count colors in a painting or poster or out the window; count anything.  
- Repeat words to a song in your mind.  

- Work puzzles.  
- Watch TV or read.  
- Other: __________________________

With other **Sensations**:  
- Squeeze a rubber ball very hard.  
- Listen to very loud music.  
- Hold ice in your hand or mouth.

- Go out in the rain or snow.  
- Take a cold or cold shower.  
- Other: __________________________

**Distress Tolerance - Handout 3**

**TIP Skills: Changing Your Body Chemistry**

To reduce extreme emotion mind fast.

Remember these as TIP skills:

| T | 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, or hold a cold pack (or zip-lock bag of cold water) on your eyes and cheeks.  
*Hold for 30 seconds. Keep water above 50°F. |

| I | INTENSE EXERCISE*  
(to calm down your body when it is revved up by emotion) |
|---|---|
| *Engage in intense exercise, if only for a short while.  
*Expend your body’s stored up physical energy by running, walking fast, jumping, playing basketball, lifting weights, etc. |

| P | PACED BREATHING  
(pace your breathing by slowing it down) |
|---|---|
| *Breathe deeply into your belly.  
*Slow your pace of inhaling and exhaling way down (on average, five to six breaths per minute).  
*Breathe out more slowly than you breathe in (for example, 5 seconds in and 7 seconds out). |

| P | PAIRED MUSCLE RELAXATION  
(to calm down by pairing muscle relaxation with breathing out) |
|---|---|
| *While breathing into your belly deeply tense your body muscles (not so much as to cause a cramp).  
*Notice the tension in your body.  
*While breathing out, say the word “Relax” in your mind.  
*Let go of the tension.  
*Notice the difference in your body. |

*CAUTION: very cold water decreases your heart rate rapidly. Intense exercise will increase heart rate. Consult your health care provider before using these skills if you have a heart or medical condition, a lowered base heart rate due to medications, take a beta-blocker, are allergic to cold, or have an eating disorder.

Distress Tolerance - Handout 4

Improving the Moment

A way to remember these skills is the word IMPROVE.

With Imagery:
- Imagine very relaxing scenes.
- Imagine a secret room within yourself. Furnish it the way you like. Close and lock the door on anything that can hurt you.
- Imagine everything going well.
- Make up a calming fantasy world.
- Imagine hurtful emotions draining out of you like water out of a pipe.
- Remember a happy time and imagine yourself in it again; play out the time in your mind again.
- Other: __________________________

With Meaning:
- Find purpose or meaning in a painful situation.
- Focus on whatever positive aspects of a painful situation you can find.
- Repeat these positive aspects in your mind.
- Remember, listen to, and read about spiritual values.
- Other: __________________________

With Prayer:
- Open your heart to a supreme being, God, or your own Wise Mind.
- Ask for strength to bear the pain.
- Turn things over to God or a higher being.
- Other: __________________________

With Relaxing actions:
- Take a hot bath or sit in a hot tub.
- Drink hot milk.
- Massage your neck and scalp.
- Practice yoga or other stretching.
- Breathe deeply.
- Change your facial expression.
- Other: __________________________

With One thing in the moment:
- Focus your entire attention on just what you are doing.
- Keep yourself in the moment.
- Put your mind in the present.
- Focus your entire attention on the physical
- Listen to a sensory awareness recording
- Other: __________________________

With a brief Vacation:
- Give yourself a brief vacation.
- Get in bed; pull the covers up over your head.
- Go to the beach or the woods for the day.
- Get a magazine and read it with chocolates.
- Turn off your phone for a day.
- Take a blanket to the park and sit on it for a whole afternoon.
- Take a 1-hour breather from hard work.
- Take a brief vacation from responsibility.
- Other: __________________________

With self-Encouragement and rethinking the situation:
- Cheerlead yourself: “You got this!”
- “I will make it out of this.”
- “I’m doing the best I can.”
- Repeat over and over: “I can stand it.”
- “This too shall pass.”
- “I will be okay.”
- “It won’t last forever.”
- Other: __________________________

List (and then practice) rethought that are particularly important in your crisis situations (e.g., “The fact that he did not pick me up doesn’t mean he doesn’t love me”):
- __________________________
- __________________________