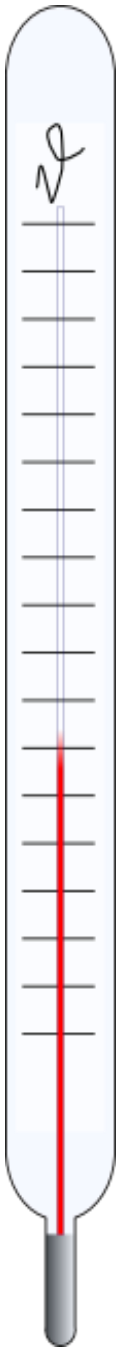
Bear Clan, LLC
Empowering Balanced and Transformative Lives

Distress Tolerance Action Plan



5 **Maximum Stress**:
GET HELP! All human beings sometimes need other people to help recover from feeling overwhelmed. Work with staff on implementing a custom Distress Tolerance Action Plan.

4 **Critical Stress**:
ASK FOR A CHECK-IN. Face Wash. 4-7-8 Breathing. Commit to staying around other people. Stay engaged in program activities. Schedule a next check-in.

3 **High Stress**:
DO NOT WAIT. Cold face wash. 4 to 8 cycles of 4-7-8 Breathing. Share with a staff person that you are having to actively manage feelings of distress.

2 **Medium Stress**:
Daily journaling, daily breathing exercise practice, focus on helping others if starting to get too self-absorbed.

1 **Low Stress**:
Get enough sleep, good nutrition, exercise, socializing, fully participating in all program activities.

This is just a sample. An individualized Distress Tolerance Plan might include scheduled check-in times, keeping a written record of stress scores, individualized / preferred positive coping activities, a reward / recognition system for not using negative coping actions, or other ways to make it engaging and personalized. Modifying it over time to be most effective is encouraged. Actively become engaged in finding what will work!

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