

CRISIS SURVIVAL: DISTRESS TOLERANCE

List below 8-10 items you could use during a crisis while at home. Consider tools in ACCEPTS, Self-Soothe, TIPP and STOP. Find a “child-proof” space to store these items, whether it’s in a specific area or your home, a bag or box. Examples may include: lotion, gum, crosswords, tea, candy, putty, pictures, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Next, create a smaller version of your crisis survival kit for “on the go.” This should be able to fit in your purse or diaper bag, somewhere easily accessible.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____