

Distress Tolerance Handout 7

Accepting Reality



Breathing

One way to use your *Wise Mind* is to relax your whole body and focus on your breathing. Pay attention to your body - notice your stomach and chest rising and falling.

Here are some different ways to do this:



1. **Deep Breathing**

Lay down on your back. Take gentle, deep breaths. Notice how your stomach is going up and down. Do this for about 5 minutes.

2. **Counting Your Breath**

Sit or Lay down. When you breathe in and out, silently say "1." After the next breath silently say "2." Keep counting up to 10. When you get to 10, start over. Do this for about 5 minutes.

3. **Focus on Your Breath and Listen to Music**

Listen to some soft, peaceful music. While you are listening, take gentle, deep breaths and concentrate on your breathing.



4. **Breathing and Relaxing**

Sit in a comfortable chair, lie on a couch or bed, or find another comfortable place. Let all your muscles relax. Pay attention to your breath going in and out. Notice what your body feels like too.

