

COPING WITH DISTRESS

SUBJECTIVE UNITS OF DISTRESS (SUDS)

COPING SKILLS

10

Out of control, unable to think clearly, only able to react, cannot function

9

Losing control of emotions, at risk of making poor choices, desperate

8

Very distressed & uncomfortable; unable to concentrate

7

Strong distress, very uncomfortable emotional pain; losing focus

6

Moderate to strong distress; may have physical/somatic symptoms

5

Uncomfortable distress & discomfort; manageable with effort

4

Some anxiety and distress; noticeable discomfort, but tolerable

3

First awareness of tension, stress; Mild irritation, some anxiety

2

Feeling okay, neutral

1

Relaxed, at ease, focused

0

At peace, mindful, calm

Cold water splash or ice hold

Slow exhale breathing (longer exhale than inhale)

Repeat safety phrases (e.g., "*I am safe in this moment.*")

Intense exercise

Progressive muscle relaxation

Visualization exercises

5-10 minutes journaling (brain dump)

5-4-3-2-1 grounding

Thought reframing

Gentle stretching

Self-soothing with senses

Fidgets/tactile items

Breathing exercises

Gratitude journaling

Mindful Awareness

Regular sleep routine

Movement and nutrition