

## Crisis Survival Skills: **IMPROVE** the Moment

### **IMPROVE the Moment with:**

**Imagery** Imagine very relaxing scenes of a calming, safe place. Imagine things going well; imagine coping well. Imagine painful emotions draining out of you like water out of a pipe.

**Meaning** Find or create some purpose, meaning, or value in the pain. Make lemonade out of lemons.

**Prayer** Open your heart to a supreme being, greater wisdom, or your own Wise Mind. Ask for strength to bear the pain in this moment.

**Relaxation** Try to relax your muscles by tensing and relaxing each large muscle group, starting with the forehead and working down. Download a relaxation audio or video; stretch; take a bath or get a massage.

**One thing in the Moment** Focus your entire attention on what you are doing right now. Keep your mind in the present moment. Be aware of body movements or sensations while you're walking, cleaning, eating.

**Vacation** Give yourself a brief vacation. Get outside, take a short walk, go get your favorite coffee drink or smoothie, read a magazine or newspaper; surf the web; take a 1-hour breather from hard work that must be done. Unplug from all electronic devices.

**Encouragement** Cheerlead yourself. Repeat over and over: "I can stand it," "It won't last forever," "I will make it out of this," "I'm doing the best I can."



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## Practice Exercise: **IMPROVE** the Moment

**Due Date** \_\_\_\_\_

Write down at least two specific IMPROVE Skills to practice during the week when you feel distressed:

**Imagery** \_\_\_\_\_

**Meaning** \_\_\_\_\_

**Prayer** \_\_\_\_\_

**Relaxation** \_\_\_\_\_

**One Thing in the Moment** \_\_\_\_\_

**Vacation** \_\_\_\_\_

**Encouragement** \_\_\_\_\_

Briefly describe the stressful situation(s) you were in and the specific skills you used: \_\_\_\_\_

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*(continued)*

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**Practice Exercise: IMPROVE the Moment** (page 2 of 2)

Did using the skills help you to (1) cope with uncomfortable feelings and urges and/or (2) avoid conflict of any kind?

Circle YES or NO

If YES, please describe how it helped: \_\_\_\_\_

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If NO, please describe why you believe it did not help: \_\_\_\_\_

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If you did not practice this skill, please explain why: \_\_\_\_\_

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