



The intent of the IMPROVE skill is to improve the moment by replacing the immediate event that has caused unpleasant emotions, with a more positive act, thereby making the moment more pleasant and easier to tolerate.

Improve the moment with **I**magery

Imagine a beautiful scene on the beach or in the mountains. Image a safe place in your home.

Improve the moment with **M**eaning

Find purpose or meaning in your daily activities. All that we do has some meaning. We brush our teeth to have healthy hygiene. We wash our dishes to remove bacteria so that we can eat in a healthy environment.

Improve the moment with **P**rayer

Ask for strength from your supreme being.

Improve the moment with **R**elaxation

Breathe deeply, take a hot bath, or massage your neck. Listen to a meditation or practice Yoga.

Improve the moment with **O**ne thing in the moment

Focus your attention on this moment. Enjoy a moment in the sunshine or a moment in the snow. Notice a flower, a tree, or a cloud. Using grounding exercises can also be helpful.

Improve the moment with **V**acation from adulthood

Go to the beach or the woods for a walk.

Improve the moment with **E**ncouragement from self

Say positive affirmations aloud to yourself.

Practice

Instructions: Choose three of the "IMPROVE" strategies that you have applied, and reflect on your progress.

Strategy 1:

Which strategy did you pick, and how did you apply it?

How did you feel before and after you applied this strategy?

Are you likely to use this strategy again in the future? Why or why not?

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Instructions: Choose three of the “IMPROVE” strategies that you have applied, and reflect on your progress.

Strategy 2:

Which strategy did you pick, and how did you apply it?

How did you feel before and after you applied this strategy?

Are you likely to use this strategy again in the future? Why or why not?

Strategy 3:

Which strategy did you pick, and how did you apply it?

How did you feel before and after you applied this strategy?

Are you likely to use this strategy again in the future? Why or why not?
