

# A-Z of Distraction Techniques

**Alternative therapies:** massage, reiki, meditation, acupuncture, aromatherapy

**Bake or cook something tasty**

**Clean, tidy up, rearrange furniture**

**Craftwork:** make things, draw or paint

**Curl up under a blanket, watch a film or read a good book**

**Dance your socks off**

**Do something different— if you do not enjoy the activity you are doing change it**

**Eat sweets or chocolate for an instant sugar rush**

**Exercise for a release of endorphins and that feel-good factor**

**Forward planning – concentrate on something in the future, like a holiday**

**Go for a walk**

**Go online and look at websites that offer you advice and information**

**Hang out with friends and family**

**Have a bubble bath with some nice smelling bubbles**

**Have a good cry**

**Hug a soft toy**

**Invite a friend round**

**Join a gym or a club**

**Kindness— do something nice for someone else**

**Learn a new skill**

**Listen to music through headphones**

**Moisturise**

**Music:** singing, playing instruments, listening to (basically making as much noise as you can)

**Open up to a friend or family member about how you are feeling**

**Pop bubble wrap**

**Phone a helpline or a friend**

**Play computer games**

**Play with a stress ball or make one yourself**

**Read a book**

**Scream into an empty room or pillow**

**Squeeze ice**

**Stroke a pet**

**Talk to your friends, your pets or out loud to yourself.**

**Use the internet**

**Visit a zoo or a farm—animals work wonders**

**Volunteer for an organisation (will make you feel all warm inside)**

**Watch TV or films that you really enjoy or try something new**

**Write: diary, poems, a book**

**Write negative feelings on paper, then rip them up**

**Yoga: meditation, deep breathing – this might help you relax and control your urges**

**Youtube: watch vloggers, series, funny cat videos... the list is endless**

**Zzz – get a good night's sleep**

# 50 Distraction Techniques For People With Depression

**JS Bruner**



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