

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

Annelies Wilder-Smith



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