

HEALTHY DISTRACTION SKILLS



There are times when we experience thoughts, emotions, or physical sensations that feel too intense. In those moments, we may need to distract ourselves before we can reflect and process.

Instead of thinking of distractions as “good” or “bad,” it can be useful to think of distractions as being “helpful” or “unhelpful:

Distractions are **HELPFUL** if they:

- Give us time to calm down,
- Give us time to reflect, AND/OR
- Help solve the problem

Distractions are **UNHELPFUL** if they:

- Make us feel worse,
- Do not solve our problem,
- Make the problem worse, AND/OR
- Prevent us from taking positive action

Here are examples of healthy distractions:

TAKE A
WALK

GO FOR
A RUN

CALL A
FRIEND

LISTEN TO
MUSIC

WRITE
IN YOUR
JOURNAL

READ A
GOOD
BOOK

MAKE
A GOOD
MEAL

PLAY AN
INSTRUMENT

TAKE A
SHOWER

SING YOUR
FAVORITE
SONG

GO FOR
A DRIVE

CUDDLE
YOUR FURRY
FRIENDS

DRAW A
PICTURE

REFLECT:



1. What do you typically do to distract yourself?
2. What distractions have you noticed to be helpful and healthy for you?
3. What distractions have you noticed to be not as helpful or healthy?

CHALLENGE:

Actually make your own healthy distraction kit!

You can take some time to decorate your container or box with markers, paint, glue, glitter, feathers, or whatever you want! Then, fill up your kit with healthy and helpful distractions that you enjoy.

Some examples of healthy and helpful distractions that you might include are:

- Colorful pens and paper
- Photos or reminders of people you love
- A stress ball or fidget
- Yummy smelling things
- Little tasty candies
- Stickers
- Your journal
- Your favorite book
- Things collected from nature (e.g. rocks, flowers, sticks, etc.)
- What distractions do you plan to put in your kit?



BONUS CHALLENGE:

With the people you trust, share about what healthy distractions you put in your boxes. If you get any new ideas from sharing, add them to your box!

Try out some of the attached activities to put in your healthy distraction kit!