**ACTIVITIES I WILL DO FOR DISTRACTION**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **28.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **29.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **30.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **31.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **32.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**8.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **33.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**9.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **34.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **10.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **35.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**11.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **36.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **37.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **13.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **38.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **14.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **39.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **15.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **40.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **16.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **41.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**17.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **42.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **18.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **43.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **19.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **44.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **20.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **45.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **21.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **46.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **22.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **47.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**23.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **48.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **24.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **49.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **25.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **50.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**THESE HELP CLEAR MY MIND! IT’S NICE TO FORGET ABOUT PROBLEMS!**

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**EXAMPLES OF ACTIVITIES FOR DISTRACTIONS**

|  |  |  |
| --- | --- | --- |
| **LISTEN TO MUSIC** | **GET A MASSAGE** | **CREATE MUSIC PLAYLISTS** |
| **BLOW BUBBLES** | **GO OUT TO LUNCH** | **WATCH NATURE VIDEOS** |
| **HAVE A GARAGE SALE** | **WATCH MOVIES** | **SPA DAY AWAY/HOME** |
| **LEARN TO BOWL** | **HAVE A PICNIC** | **READ OR GO TO A LIBRARY** |
| **GO GEOCACHING** | **DO HOUSEWORK** | **WATCH FUNNY VIDEOS** |
| **LEARN CPR/FIRST AID** | **GO TO A CONCERT** | **PAINT/DRAW/COLOR** |
| **COOK/BAKE** | **WATCH A PLAY** | **PLAY CATCH/SPORTS** |
| **LEARN A NEW SKILL** | **DO A SCAVENGER HUNT** | **LEARN ABOUT GOD** |
| **RIDE BIKES** | **GO TO A GYM** | **BECOME A VOLUNTEER** |
| **CREATE A PHOTO BOOK** | **GET A PET TO LOVE** | **HAVE A KARAOKE NIGHT** |
| **MAKE JEWELRY** | **WRITE/POEMS/SONGS** | **WATER BALLOON FIGHT** |
| **GO TO AN ARCADE** | **GO SWIMMING** | **SHOP/WINDOW SHOP** |
| **PLAY A GAME** | **WATCH SPORTS** | **TAKE A SHOWER/BATH** |
| **HELP AT A FOOD BANK** | **TRY ZIP LINING** | **FEED BIRDS/SQUIRRELS** |
| **GO OUT TO EAT** | **GO OUT AND PLAY BINGO** | **GO DOWN A PARK SLIDE** |
| **HAVE A BBQ** | **PLANT FLOWERS** | **GO TO PLACE OF WORSHIP** |
| **VISIT A MUSEUM** | **GET ORGANIZED** | **TAKE A COOKING CLASS** |
| **TAKE A DANCE CLASS** | **FLY A KITE** | **THINGS YOU ENJOY DOING** |
| **ORDER PIZZA** | **KNIT/SEW/CROCHET** | **GO CAMPING/BACKYARD** |
| **RUN OR EXERCISE** | **PLAY VIDEO GAMES** | **WATCH WILDLIFE WEBCAMS** |
| **PLAY PAINT BALL** | **GO ON A RELAXING WALK** | **PLAN A DREAM VACATION** |
| **GO FISHING** | **ROCK CLIMBING GYM** | **VISIT AN AQUARIUM OR ZOO** |

|  |  |
| --- | --- |
| **MAKE A PATIO CONTAINER GARDEN** | **HELP AT AN ANIMAL RESCUE SHELTER** |
| **DEEP CLEAN/GARAGE/STORAGE** | **PUT UP & MAINTAIN A BIRD FEEDER** |
| **TRY OUT DIFFERENT HOBBIES** | **FARMERS MARKET/VEGGIE STAND** |
| **AGATE/ROCK HUNTING** | **GO GET A COFFEE/MILKSHAKE** |
| **WATCH FOR SHOOTING STARS** | **START A COMMUNITY GARDEN** |
| **FAMILY/FRIEND GAME NIGHT** | **LEARN ABOUT YOUR TOWN HISTORY** |
| **LEARN ABOUT FAMILY HISTORY** | **LEARN ABOUT CONSTELLATIONS** |
| **WOODWORK/METALWORK/ART** | **DO SOMETHING NICE FOR SOMEONE** |
| **JOIN A CLUB/4H/YOUTH GROUP** | **GO OUT AND ENJOY NATURE** |
| **JOIN A COMMUNITY THEATRE** | **WORK ON A CAR/CAR MODEL** |
| **DONATE CLOTHES THAT DON’T FIT** | **STRETCH/TAKE A YOGA CLASS** |
| **LEARN OUTDOOR SURVIVAL SKILLS** | **TAKE AN ONLINE COUNTRY TOUR** |
| **PLAY MINI-GOLF OR NORMAL GOLF** | **GET UP EARLY TO WATCH THE SUN RISE** |
| **GET SOME BUBBLE WRAP PACKING MATERIAL TO “QUIETLY” POP** | **WATCH WEB CAMS OF DIFFERENT PLACES/COUNTRIES** |

**GET CREATIVE AND RESEARCH YOUR LOCAL AREA FOR ADDITIONAL IDEAS.**

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**THINGS I CAN DO TO DISTRACT MY THOUGHTS**

* **WHAT ARE MY INTERESTS OR HOBBIES? WHAT DO I ENJOY? WHAT AM I GOOD AT?**
* **WRITE DOWN ACTIVITIES I CAN DO BY MYSELF:**
* **WRITE DOWN ACTIVITIES I CAN DO WITH OTHERS:**
* **WRITE DOWN WHAT NEW POSITIVE ACTIVITIES I’M WILLING TO TRY:**
* **WHAT POSITIVE PEOPLE CAN I VISIT/HANG OUT WITH IN PERSON/ONLINE/PHONE?**
* **WHAT GIVES ME HOPE/PURPOSE/REASONS FOR LIVING? ANY GOOD MEMORIES?**

**THOUGHT/MIND DISTRACTIONS HELP ME HAVE A BETTER LIFE!**

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**POSITIVE THINGS IN MY LIFE**

* **WHAT IS MY FAVORITE FOOD? INCLUDE TYPE/FLAVOR (PEPPERONI, VANILLA, ETC)**
* **WHAT IS MY FAVORITE SONG? MAY ALSO INCLUDE BAND, SINGER, GROUP, ETC**
* **WHAT DO I LOVE/ENJOY DOING?**
* **WHAT OR WHO GIVES MY LIFE MEANING? SPOUSE, PET, FRIEND, ACTIVITY, ETC**
* **WHAT AM I GOOD AT?**
* **WHAT GIVES ME HOPE?**
* **WHAT GOOD MEMORIES DO I HAVE? IF NONE WRITE THEM IN AS THEY HAPPEN**

**POSITIVE THINGS & PEOPLE IN MY LIFE HELP ME FEEL - GOOD!**

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**DISTRACTIONS/ACTIVITIES THAT ARE HELPING ME FEEL BETTER**

**1.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **26.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **27.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**I’VE GOT THIS! I’M IMPROVING! I’M GOING TO LIVE LIFE! I HAVE HOPE!**

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