TAKE A DISTRACTION DETOUR

GET OFF THE SPEEDING HIGHWAY
AND TAKE A ROAD
TOWARDS QUIETING THE BRAIN

CREATED BY GALLERY OF HOPE

TAKE A DISTRACTION DETOUR

GET OFF THE SPEEDING HIGHWAY
AND TAKE A ROAD
TOWARDS QUIETING THE BRAIN

CREATED BY GALLERY OF HOPE

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 MY LOCAL AREA FOR ADDITIONAL IDEAS.

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POSITIVE ACTIVITIES FOR DISTRACTION

I WILL DO MY BEST TO KEEP MY BRAIN BUSY WITH DOING POSITIVE ACTIVITIES

ACTIVITIES I WILL DO BY MYSELF	ACTIVITIES I WILL DO WITH OTHERS
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POSITIVE ACTIVITIES I WILL DO FOR DISTRACTION

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

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POSITIVE ACTIVITIES I'M WILLING TO TRY FOR THE FIRST TIME

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DOING SOMETHING NEW CAN FEEL EXHILARATING! IT'S WORTH A TRY!

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DISTRACTIONS/ACTIVITIES THAT ARE HELPING ME FEEL BETTER

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I'VE GOT THIS! I'M IMPROVING! I'M GOING TO LIVE A BETTER LIFE!

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YOUTUBE/RUMBLE/SOCIAL MEDIA CHANNELS THAT I ENJOY

WRITE DOWN FUNNY/HUMOROUS/ENJOYABLE/ADVENTUROUS/ENTERTAINING POSITIVE CHANNELS I LIKE TO WATCH THAT HELP ME FEEL BETTER. WRITE DOWN INITIALS OF WHICH PLATFORM IT'S ON OR HIGHLIGHT EACH ONE A CERTAIN COLOR.

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BOOKS I ENJOY READING

BOOKS ON SELF HELP, HEALING, POSITIVE QUOTES, DAILY DEVOTIONALS, ETC

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BOOKS THAT MAKE ME LAUGH OR FEEL GOOD AFTER READING

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MY FAVORITE BOOKS TO READ THAT CAN BE USED AS A DISTRACTION

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I LOVE TO READ! READING CAN HELP MY MENTAL WELL-BEING!

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INTERESTING SELF - HELP BOOKS & EBOOKS

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GOING TO A LIBRARY CAN BE FUN! ONLINE BOOKS ARE EASY ACCESS!

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INTERESTING YOUTUBE/RUMBLE & OTHER SOCIAL MEDIA CHANNELS

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I NEED A GOOD LAUGH! IT'S FUN LEARNNG NEW THINGS!

LIST OF POSITIVE MOVIES/SHOWS TO BINGE WATCH

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I'M NOT BORED! DISTRACTIONS ARE MY FRIEND! I LIKE TO LAUGH!

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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!

LIST OF THINGS/PEOPLE I'M GRATEFUL TO HAVE IN MY LIFE

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THESE MAKE ME HAPPY ☺! I'M THANKFUL! LIFE IS GOOD!

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MY FAVORITE QUOTES OR SAYINGS

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THESE QUOTES & SAYINGS SPEAK TO MY HEART! I'M MOTIVATED!

WRITE DOWN SOMETHING MEANINGFUL/FUNNY THAT HAPPENED TODAY

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SAVE THESE MONTHLY PAGES TO READ WHEN NEEDING A POSITIVE DISTRACTION

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WAYS I CAN RELAX MY BODY

AFTER A HURT OUR BODIES CAN GET STUCK IN THE FIGHT OR FLIGHT STRESS RESPONSE

LIST WAYS TO RELAX, THEN PICK FROM THE LIST DAILY, AND RELAX AT LEAST 30 MIN

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I WILL MAKE TIME TO RELAX EVERY DAY! RELAXATION IS MY FRIEND!

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I'M SO THANKFUL FOR YOU GOD - THANK YOU FOR EVERYTHING

WRITE A LETTER TO GOD TELLING HIM EVERYTHING I'M THANKFUL FOR

A THANK YOU LETTER TO GOD CAN BE WRITTEN DAILY, MONTHLY, OR AS NEEDED

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FAVORITE POSITIVE BIBLE VERSES

WRITE DOWN POSITIVE BIBLE VERSES BELOW (OR USE AN EXAMPLE PAGE)
BIBLE VERSES CAN SHOW LOVE, STRENGTH, ENCOURAGEMENT, HOPE, JOY, ETC
THEN READ AT LEAST ONE BIBLE VERSE AFTER WAKING UP & BEFORE GOING TO BED

BIBLE VERSE:	**BIBLE VERSE:**
BIBLE VERSE:	**BIBLE VERSE:**
BIBLE VERSE:	**BIBLE VERSE:**
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BIBLE VERSE:	**BIBLE VERSE:**

I AM AS A WONDER TO MANY, BUT YOU ARE MY STRONG REFUGE. PSALM 70:7

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MY FAVORITE BIBLE VERSES

I HAVE SPOKEN THESE THINGS TO YOU, SO MY JOY MIGHT REMAIN IN YOU, AND YOUR JOY WILL BE FULL. JOHN 15:11

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BIBLE VERSES - EXAMPLES

FOR I KNOW MY THOUGHTS THAT I THINK ABOUT YOU, DECLARES THE LORD, THOUGHTS OF PEACE AND NOT HARM, TO GIVE YOU A FUTURE WITH HOPE. JEREMIAH 29:11	DAILY MY ENEMIES WANT TO SWALLOW ME UP, FOR THERE ARE MANY WHO FIGHT AGAINST ME. O MOST HIGH, WHEN I AM AFRAID, I WILL TRUST IN YOU. PSALM 56:2,3
THE HEART OF THE WISE TEACHES THEIR MOUTHS, AND ADDS GOOD WORDS TO THEIR LIPS. PROVERBS 16:23	AS YOU WANT PEOPLE TO TREAT YOU, DO LIKEWISE TO THEM (AND TO MYSELF). LUKE 6:31
LET ALL THAT I DO, BE DONE IN LOVE. 1 CORINTHIANS 16:14	I AM AS A WONDER TO MANY, BUT YOU ARE MY STRONG REFUGE. PSALM 71:7
DON'T WORRY ABOUT ANYTHING, INSTREAD PRAY ABOUT EVERYTHING, TELL GOD MY NEEDS, AND DON'T FORGET TO THANK HIM FOR HIS ANSWERS. PHILIPPIANS 4:6	I WAS PUSHED HARD, SO THAT I WAS FALLING, BUT THE LORD HELPED ME. THE LORD IS MY STRENGTH AND MY MIGHT, HE HAS BECOME MY SALVATION. PSALM 118:13
IF I DO THIS, I WILL EXPERIENCE GOD'S PEACE, WHICH IS FAR MORE WONDERFUL THAN THE HUMAN MIND CAN UNDERSTAND. HIS PEACE WILL KEEP MY THOUGHTS AND MY HEART QUIET, AND AT REST AS I TRUST IN CHRIST JESUS. PHILIPPIANS 4:7	LET NO EVIL TALK COME OUT OF YOUR MOUTH, BUT ONLY WHAT IS USEFUL FOR BUILDING UP, AS THERE IS NEED, SO THAT YOUR WORDS MAY GIVE GRACE TO THOSE WHO HEAR IT. EPHESIANS 4:29
IS ANYONE AMONG YOU SUFFERING? LET THEM PRAY. IS ANYONE CHEERFUL? LET THEM SING PRAISE. JAMES 5:13	FOR GOD HAS NOT GIVEN ME THE SPIIRT OF FEAR, BUT OF POWER, OF LOVE, AND OF SELF-DISCIPLINE. 2 TIMOTHY 1:7
YOU HAVE PAIN NOW, BUT I WILL SEE YOU AGAIN, AND YOUR HEART WILL REJOICE. LET NO ONE TAKE YOUR JOY FROM YOU. JOHN 16:22	GOD BLESSES YOU WHO ARE HUNGRY NOW, FOR YOU WILL BE SATISFIED. GOD BLESSES YOU WHO WEEP NOW, FOR IN DUE TIME YOU WILL LAUGH. LUKE 6:21
BE KIND ONE TO ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, EVEN AS GOD FOR CHRIST'S SAKE HAS FORGIVEN YOU. EPHESIANS 4:32	DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL BRING WORRIES OF ITS OWN. TODAY'S TROUBLE IS ENOUGH FOR TODAY. MATTHEW 6:34

I HAVE SPOKEN THESE THINGS TO YOU, SO MY JOY MIGHT REMAIN IN YOU, AND YOUR JOY WILL BE FULL. JOHN 15:11

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BIBLE VERSES – EXAMPLES

I CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS ME. PHILIPPIANS 4:13	O LORD, YOU ARE MY FATHER, I AM THE CLAY, AND YOU ARE MY POTTER. I AM THE WORK OF YOUR HANDS. ISAIAH 64:8
YOU O LORD, ARE A SHIELD AROUND ME, MY GLORY, AND THE ONE WHO LIFTS UP MY HEAD. PSALM 3:3	I WILL BOTH LIE DOWN IN PEACE, AND SLEEP. FOR YOU ALONE, O LORD, CAN MAKE ME DWELL IN SAFETY. PSALM 4:8
THE LORD IS NEAR TO THEM WHO HAVE A BROKEN HEART, AND SAVES THOSE CRUSHED IN SPIRIT. PSALM 34:18	TRUST IN THE LORD WILL ALL YOUR HEART, AND DO NOT RELY ON YOUR OWN UNDERSTANDING. PROVERBS 3:5
MY HELP COMES FROM THE LORD, WHO MADE HEAVEN AND EARTH. PSALM 121:2	MY SOUL WILL REJOICE WHEN YOUR LIPS SPEAK WHAT IS RIGHT. PROVERBS 23:16
BUT THE VERY HAIRS OF YOUR HEAD ARE ALL NUMBERED. MATTHEW 10:30	CLAP YOUR HANDS, EVERYONE, SHOUT TO GOD WITH LOUD SONGS OF JOY. PSALM 47:1
LISTEN MY CHILD, BE WISE, AND KEEP YOUR HEART ON THE RIGHT PATH. PROVERBS 23:19	IN EVERYTHING I DO, PUT GOD FIRST, AND HE WILL DIRECT MY PATHS. PROVERBS 3:6
PLEASANT WORDS ARE LIKE A HONEYCOMB, SWEETNESS TO THE SOUL AND HEALTH TO THE BODY. PROVERBS 16:24	GOD PLANNED FOR US TO BE ADOPTED AS HIS CHILDREN THROUGH JESUS CHRIST, ACCORDING TO THE GOOD PLEASURE OF HIS WILL. EPHESIANS 1:5
BEHOLD, A MAIDEN WILL BE WITH CHILD, AND WILL BRING FORTH A SON. THEY WILL CALL HIS NAME EMMANUEL, WHICH BEING INTERPRETED IS, “GOD WITH US.” MATTHEW 1:23	BUT I SAY TO YOU WHO LISTEN, “LOVE YOUR ENEMIES, DO GOOD TO THEM WHO HATE YOU, BLESS THEM WHO CURSE YOU, AND PRAY FOR THEM WHO DESPITEFULLY USE YOU.” LUKE 6:27.28
GOD WILL WIPE AWAY ALL TEARS FROM MY EYES, AND THERE WILL BE NO MORE DEATH, SORROW, OR CRYING, NEITHER WILL THERE BE ANY MORE PAIN. REVELATION 21:4	FOR GOD SO LOVED THE WORLD THAT HE GAVE HIS ONLY SON, SO THAT EVERYONE WHO BELIEVES IN HIM SHOULD NOT PERISH BUT HAVE ETERNAL LIFE. JOHN 3:16
AS A DEER LONGS FOR FLOWING STREAMS, SO MY SOUL LONGS FOR YOU, O GOD. PSALM 42:1	GOD HEALS THE BROKEN IN HEART, AND WRAPS UP THEIR WOUNDS. PSALM 147:3

WHEN MY FATHER OR MOTHER LEAVES ME,
THE LORD WILL TAKE CARE OF ME. PSALM 27:10

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BIBLE VERSES – EXAMPLES

CREATE IN ME A PURE HEART, O GOD, AND PUT A NEW AND PERFECT SPIRIT WITHIN ME. PSALM 51:10	FROM HEAVEN, GOD IS A FATHER TO THE FATHERLESS, AND A DEFENDER OF THEIR MOTHERS. PSALM 68:5
BECAUSE YOU HAVE BEEN MY HELP, IN THE SHADOW OF YOUR WINGS I WILL REJOICE. PSALM 63:7	THIS IS THE DAY WHICH THE LORD HAS MADE. I WILL REJOICE AND BE GLAD IN IT. PSALM 118:24
KNOW THAT THE LORD IS GOD. IT IS HE THAT MADE ME, AND I AM HIS. PSALM 100:3	IN EVERYTHING GIVE THANKS. FOR THIS IS THE WILL OF GOD IN CHRIST JESUS CONCERNING ME. I THESSALONIANS 5:18
COME TO ME, WHEN YOU ARE WEARY AND CARRYING HEAVY BURDENS, AND I WILL GIVE YOU REST. MATTHEW 11:28	THE LORD KNOWS THE NUMBER OF STARS, AND HE CALLS THEM ALL BY THEIR NAMES. PSALM 147:4
THEY WHO WAIT FOR THE LORD WILL RENEW THEIR STRENGTH, THEY WILL RISE UP WITH WINGS AS EAGLES, THEY WILL RUN AND NOT GET EXHAUSTED, AND THEY WILL WALK AND NOT GET TIRED. ISAIAH 40:31	I WILL GO OUT IN JOY, AND BE LED FORTH IN PEACE. THE MOUNTAINS AND HILLS WILL BURST INTO SONG BEFORE ME, AND ALL THE TREES OF THE FIELD WILL CLAP THEIR HANDS. ISAIAH 55:12
I LOVE YOU, O LORD, MY STRENGTH. THE LORD IS MY ROCK, MY FORTRESS, AND MY DELIVERER. MY GOD IS MY ROCK IN WHOM I WILL TRUST AND TAKE REFUGE, MY SHIELD, THE POWER OF MY SALVATION, AND MY STRONGHOLD. PSALM 18:1,2	IN MY FATHER'S HOUSE THERE ARE MANY MANSIONS, IF IT WERE NOT SO, I WOULD HAVE TOLD YOU. IF I GO AND PREPARE A PLACE FOR YOU, I WILL COME AGAIN, AND RECEIVE YOU TO MYSELF, SO THAT WHERE I AM, YOU MAY BE ALSO. JOHN 14:2,3
FINALLY BELOVED, WHATEVER IS TRUE, WHATEVER IS HONEST, WHATEVER IS JUST, WHATEVER IS PURE, WHATEVER IS LOVELY, WHATEVER IS ADMIRABLE, IF ANYTHING IS VIRTUOUS, AND IF ANYTHING IS PRAISEWORTHY, THINK ABOUT THESE THINGS. PHILIPPIANS 4:8	BEHOLD, I SHOW YOU A MYSTERY. WE WILL NOT ALL SLEEP, BUT WE WILL ALL BE CHANGED, IN A MOMENT, IN THE TWINKLING OF AN EYE, AT THE LAST TRUMP. FOR THE TRUMPET WILL SOUND, THE DEAD WILL BE RAISED IMMORTAL, AND WE WILL BE CHANGED. 1 CORINTHIANS 15:51,52

LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, SOUL, MIND, AND STRENGTH. THIS IS THE FIRST COMMANDMENT. THE SECOND IS THIS: LOVE YOUR NEIGHBOR AS YOURSELF, FOR THERE IS NO OTHER COMMANDMENT GREATER THAN THESE. MARK 12:30,31

BIBLE VERSES ABOUT HEALTH/LIFE

PLEASANT WORDS ARE LIKE HONEYCOMB SWEET TO THE SOUL, AND HEALTH TO THE BONES. PROVERBS 16:24	O LORD MY GOD, I CRIED TO YOU, AND YOU HAVE HEALED ME. PSALM 30:2
THE PRAYER OF FAITH WILL SAVE THE SICK, THE LORD WILL RAISE THEM UP, AND IF THEY HAVE COMMITTED SINS, THEY WILL BE FORGIVEN. JAMES 5:15	HEAL ME, O LORD, AND I WILL BE HEALED. SAVE ME, AND I WILL BE SAVED. FOR YOU ARE MY PRAISE. JEREMIAH 17:14
GOD BE MERCIFUL TO US, AND BLESS US. LET YOUR FACE SHINE UPON US, SO YOUR WAY MAY BE KNOWN ON EARTH, YOUR SAVING HEALTH AMONG ALL NATIONS. PSALM 67:1,2	CONFESS YOUR FAULTS TO EACH OTHER, AND PRAY FOR EACH OTHER, SO YOU MAY BE HEALED. THE EFFICENT PASSIONATE PRAYER OF A RIGHTOUS PERSON ACCOMPLISHES MUCH. JAMES 5:16
I CREATE THE FRUIT OF THE LIPS. PEACE, PEACE TO THEM THAT ARE FAR OFF, AND TO THEM THAT ARE NEAR, SAYS THE LORD, AND I WILL HEAL THEM. ISAIAH 57:19	YOU WILL SHOW ME THE PATH OF LIFE. IN YOUR PRESENCE IS FULNESS OF JOY. AT YOUR RIGHT HAND SIDE, THERE ARE PLEASURES FOR EVERMORE. PSALM 16:11
O LORD, YOU HAVE BROUGHT MY SOUL UP FROM THE GRAVE. YOU HAVE KEPT ME ALIVE, SO THAT I SHOULD NOT GO DOWN TO THE PIT. PSALM 30:3	BLESS THE LORD, O MY SOUL, AND DO NOT FORGET ALL HIS BENEFITS. FOR HE FORGIVES ALL YOUR SINS AND HEALS ALL YOUR DISEASES. PSALM 103:2,3
THEN YOUR LIGHT WILL BREAK FORTH AS THE MORNIG, YOUR HEALTH WILL SPRING FORTH SPEEDILY, YOUR RIGHTEOUSNESS WILL GO BEFORE YOU, AND THE GLORY OF THE LORD WILL BE YOUR REWARD. ISAIAH 58:8	WHY ARE YOU CAST DOWN, O MY SOUL? WHY ARE YOU DISTURBED WITHIN ME? HAVE HOPE IN GOD! FOR I WILL STILL PRAISE HIM WHO IS THE HEALTH OF MY COUNTENANCE, AND MY GOD. PSALM 42:11
MY CHILD, PAY ATTENTION TO MY WORDS AND LISTEN INTENTLY TO MY SAYINGS, LET THEM NEVER DEPART FROM YOUR EYES, KEEP THEM IN THE MIDST OF YOUR HEART. FOR THEY ARE LIFE TO THOSE WHO FIND THEM, AND HEALTH TO ALL THEIR FLESH. PROVERBS 4:20-22	BUT HE WAS WOUNDED FOR OUR TRANSGRESSIONS, HE WAS BRUISED FOR OUR INIQUITIES. THE CHASTISEMENT OF OUR PEACE WAS UPON HIM, AND WITH HIS STRIPES WE ARE HEALED. ISAIH 53:5

THE SPIRIT AND THE BRIDE SAY, “COME.” LET THEM WHO HEAR SAY, “COME.”
LET THEY WHO ARE THIRSTY COME, AND WHOEVER WILL,
LET THEM FREELY TAKE FROM THE WATER OF LIFE. REVELATION 22:17

CREATED BY GALLERY OF HOPE – WWW.GALLERYOFHOPE.ME

BIBLE VERSE STATEMENTS

WRITE DOWN BIBLE VERSES THAT I LIKE. THEN FROM EACH VERSE CREATE AT LEAST ONE POSITIVE STATEMENT NEEDED FOR HEALING. READ THESE STATEMENTS EVERY DAY.

STATEMENT(S):
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BIBLE VERSE STATEMENTS - EXAMPLES

STATEMENT: GOD WANTS ME TO HAVE PEACEFUL THOUGHTS, NO HURTS, AND A FUTURE WITH HOPE!
FOR I KNOW MY THOUGHTS THAT I THINK ABOUT YOU, DECLARES THE LORD, THOUGHTS OF PEACE AND NOT HARM, TO GIVE YOU A FUTURE WITH HOPE. JEREMIAH 29:11
STATEMENT: I WILL ONLY SPEAK NICE WORDS TO MYSELF AND OTHER PEOPLE!
THE HEART OF THE WISE TEACHES THEIR MOUTHS, AND ADDS GOOD WORDS TO THEIR LIPS. PROVERBS 16:23
STATEMENT: I WILL SHOW LOVE AND COMPASSION TO MYSELF (AND OTHERS)!
LET ALL THAT I DO, BE DONE IN LOVE. 1 CORINTHIANS 16:14
STATEMENT: I WILL NOT WORRY TODAY! I'M GIVING GOD MY BURDENS! THANK YOU GOD FOR TAKING MY CARES AND ANSWERING MY PRAYERS!
DON'T WORRY ABOUT ANYTHING, INSTEAD PRAY ABOUT EVERYTHING, TELL GOD MY NEEDS, AND DON'T FORGET TO THANK HIM FOR HIS ANSWERS. PHILIPPIANS 4:6
STATEMENT: GOD GIVES ME PEACE THAT QUIETS MY ANXIETY! I WILL NOT WORRY!
IF I DO THIS, I WILL EXPERIENCE GOD'S PEACE, WHICH IS FAR MORE WONDERFUL THAN THE HUMAN MIND CAN UNDERSTAND. HIS PEACE WILL KEEP MY THOUGHTS AND MY HEART QUIET, AND AT REST AS I TRUST IN CHRIST JESUS. PHILIPPIANS 4:7
STATEMENT: I WILL PRAY WHEN IN PAIN, AND I WILL SING WHEN I'M FEELING HAPPY!
IS ANYONE AMONG YOU SUFFERING? LET THEM PRAY. IS ANYONE CHEERFUL? LET THEM SING PRAISE. JAMES 5:13
STATEMENT: I ACCEPT THERE WILL BE HEARTACHES IN LIFE! I WILL REMAIN JOYFUL! I WON'T LET ANYONE OR MY NEGATIVE THOUGHTS TAKE AWAY MY JOY! I HAVE JOY!
YOU HAVE PAIN NOW, BUT I WILL SEE YOU AGAIN, AND YOUR HEART WILL REJOICE. LET NO ONE TAKE YOUR JOY FROM YOU. JOHN 16:22
STATEMENT: I FORGIVE MYSELF! I FORGIVE ANYONE WHO HAS HURT ME! I WANT TO BE KIND AND LOVING TO MYSELF! I WANT TO BE KIND AND CARING TOWARDS OTHERS!
BE KIND ONE TO ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER, EVEN AS GOD FOR CHRIST'S SAKE HAS FORGIVEN YOU. EPHESIANS 4:32
STATEMENT: WHEN I'M AFRAID, I TRUST IN GOD!
DAILY MY ENEMIES WANT TO SWALLOW ME UP, FOR THERE ARE MANY WHO FIGHT AGAINST ME. O MOST HIGH, WHEN I AM AFRAID, I WILL TRUST IN YOU. PSALM 56:2,3
STATEMENT: I WILL TREAT MYSELF AND OTHERS WITH KINDNESS AND RESPECT!
AS YOU WANT PEOPLE TO TREAT YOU, DO LIKEWISE TO THEM. LUKE 6:31
STATEMENT: I'M UNIQUE AND PROUD OF IT! I'M GLAD GOD IS ALWAYS THERE FOR ME!
I AM AS A WONDER TO MANY, BUT YOU ARE MY STRONG REFUGE. PSALM 71:7

BIBLE VERSE STATEMENTS - EXAMPLES

STATEMENT: I WILL NOT SAY ANYTHING MEAN! I WILL ONLY SAY THOUGHTFUL AND KIND WORDS THAT HELP SOMEONE OR MYSELF FEEL BETTER!
LET NO EVIL TALK COME OUT OF YOUR MOUTH, BUT ONLY WHAT IS USEFUL FOR BUILDING UP, AS THERE IS NEED, SO THAT YOUR WORDS MAY GIVE GRACE TO THOSE WHO HEAR IT. EPHESIANS 4:29
STATEMENT: GOD HAS GIVEN ME POWER, LOVE, AND STRENGTH TO CHANGE! I HAVE SELF-CONTROL! I HAVE THE POWER AND STRENGTH TO OVERCOME MY ADDICTIONS!
FOR GOD HAS NOT GIVEN ME THE SPIIRT OF FEAR, BUT OF POWER, OF LOVE, AND OF SELF-DISCIPLINE. 2 TIMOTHY 1:7
STATEMENT: LIFE CIRCUMSTANCES/ILLNESS MAY HAVE ME DOWN AND CRYING NOW, BUT WHEN THE TIME IS RIGHT, I WILL BE LAUGHING AGAIN!
GOD BLESSES YOU WHO ARE HUNGRY NOW, FOR YOU WILL BE SATISFIED. GOD BLESSES YOU WHO WEEP NOW, FOR IN DUE TIME YOU WILL LAUGH. LUKE 6:21
STATEMENT: I REFUSE TO WORRY ABOUT TOMORROW! I WILL MAKE IT THROUGH TODAY BY HANDING ALL MY HEARTACHES, TROUBLES, AND BURDENS OVER TO GOD!
DO NOT WORRY ABOUT TOMORROW, FOR TOMORROW WILL BRING WORRIES OF ITS OWN. TODAY'S TROUBLE IS ENOUGH FOR TODAY. MATTHEW 6:34
STATEMENT: I'M NOT ALONE! BECAUSE OF JESUS, I HAVE A HEAVENLY FATHER WHO LOVES ME AND I AM HIS!
GOD PLANNED FOR US TO BE ADOPTED AS HIS CHILDREN THROUGH JESUS CHRIST, ACCORDING TO THE GOOD PLEASURE OF HIS WILL. EPHESIANS 1:5
STATEMENT: I AM LOVED! I WAS THOUGHTFULLY AND WONDERFULLY MADE!
O LORD, YOU ARE MY FATHER, I AM THE CLAY, AND YOU ARE MY POTTER. I AM THE WORK OF YOUR HANDS. ISAIAH 64:8
STATEMENT: I HAVE PATIENCE! I KNOW THAT HEALING WILL HAPPEN ON YOUR TIMELINE, NOT MINE! I UNDERSTAND THAT HEALING MAY OR MAY NOT COME TO ME, AND I ACCEPT THAT!
TRUST IN THE LORD WILL ALL YOUR HEART, AND DO NOT RELY ON YOUR OWN UNDERSTANDING. PROVERBS 3:5
STATEMENT: I GIVE ALL MY HEAVY BURDENS TO GOD SO HE CAN CARRY THEM FOR ME! I FEEL SO MUCH BETTER NOW, LIGHT AND FREE! THANK YOU SO MUCH GOD!
COME TO ME, WHEN YOU ARE WEARY AND CARRYING HEAVY BURDENS, AND I WILL GIVE YOU REST. MATTHEW 11:28
STATEMENT: GOD LOVES ME VERY MUCH! GOD KNOWS ME BETTER THAN ANYONE!
BUT THE VERY HAIRS OF YOUR HEAD ARE ALL NUMBERED. MATTHEW 10:30

PREPARING AHEAD FOR CHALLLENGING DAYS OR EVENTS

WHAT HELPS TO RELAX ME, CALM ME, COMFORT ME, OR BRING ME PEACE?

ITEMS FOR HOME OR TO GO WITH ME	THINGS I CAN DO TO MAKE IT THROUGH
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WAYS TO MAKE MY DAY BETTER

KEEP IN MIND THAT HELPING OTHERS, MAY HELP ME TO FEEL BETTER TOO! WRITE DOWN THINGS I CAN DO BY MYSELF, FOR MYSELF, WITH SOMEONE, OR FOR SOMEONE

THINGS I CAN DO/FOR MYSELF	THINGS I CAN DO WITH/FOR SOMEONE
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WHAT ITEMS HELP ME FEEL BETTER?

MAKE A LIST OF POSITIVE ITEMS THAT GIVE ME JOY OR HELP ME FEEL GOOD. PUT THEM IN A BAG/BACKPACK/BOX/OR CONTAINER TO USE WHEN NEEDED.

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WHAT HELPS ME FEEL BETTER ON A CHALLENGING DAY?

WRITE DOWN ACTIVITIES AND BELONGINGS THAT I ENJOY.

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WHAT SMELLS, SOUNDS, AND TOUCH DO I ENJOY?

THESE SENSES CAN BE USED TO HELP RELAX MY BODY AND TO STAY IN THE MOMENT

AS I NOTICE ADDITIONAL SMELLS, SOUNDS, AND TOUCH I WILL WRITE THEM DOWN

SMELLS THAT I ENJOY	

SOUNDS THAT I ENJOY	

THINGS I ENJOY TOUCHING	

WHAT SMELLS, SOUNDS, AND TOUCH DO I ENJOY? - EXAMPLE

THESE SENSES CAN BE USED TO HELP RELAX MY BODY AND TO STAY IN THE MOMENT

AS I NOTICE ADDITIONAL SMELLS, SOUNDS, AND TOUCH I WILL WRITE THEM DOWN

SMELLS THAT I ENJOY	
UNBURNED GOOD SCENTED CANDLES	FRESH CUT GRASS
CINNAMON PINECONES	FRESH ORANGES/LEMONS
STICKY PITCH ON CHRISTMAS TREES	MORNING AIR AFTER A HEAVY RAIN
MY CAT	COCONUT/VANILLA SCENTS
JALAPENO MUSTARD	ROSES/FLOWERS
FRESH GARLIC	SHAMPOO/CONDITIONER
MOM'S BAKED BREAD & PINTO BEANS	DAD'S CLOTHES FROM ENGINE WORK
DRIED SPICES	GOOD SMELLING LOTION/SOAP
FRESH COFFEE GROUNDS/COFFEE	BABIES HEADS
CEDAR TREES/WOOD	FOOD COOKING/BACON/STEW
FRESH CILANTRO/PARSLEY	FRESH AIR/BEACH WIND
SOUNDS THAT I ENJOY	
BELLS IN OLD CHURCH TOWER RINGING	ELECTRIC GUITAR (IF NOT TOO LOUD)
GOOD MUSIC/FAVORITE SONGS	WHALES SPEAKING TO EACH OTHER
BIRDS SINGING/CALLS	RAIN DRIPPING OFF LEAVES
SILENCE (SOMETIMES)	WATER RUNNING IN A CREEK
PEACEFULNESS OF EARLY MORNINGS	METAL NOISE OF PARK SWINGS
VOICES OF KIDS/GRANDCHILDREN	LOVED ONE ON THE PHONE
OCEAN AT THE BEACH	HAPPY TO SEE ME DOG WOOF
BIRDS OF PREY CALL SOUNDS	CAT PURRING
MILITARY JETS FLYING HIGH/THUNDER	TAPPING PEN/PENCIL ON A SURFACE
DUCK CALL THAT SOUNDS LIKE LAUGHTER	FROG/TOAD CROAKING
MUSIC BOX	WIND CHIMES
THINGS I ENJOY TOUCHING	
PET/ANIMALS	BOOKS
SOFT FABRIC/BLANKET/THROW	SOFT HEATING PAD
WARM WATER WHILE DOING DISHES	FLOOR RUGS
PLANTS/GARDENING	DOG EARS
SNAPPING MY FINGERS/CLAPPING	BABY SKIN/SMOOTH SKIN
TWISTING MY HAIR	FLOWER PETALS
FRESHLY CLEANED SHEETS ON BED	FEATHERS
PUZZLE ACTIVITY BOOKS/COLORING BOOK	SMOOTH WOOD/SMALL ROCKS
SOFT GREEN GRASS	SAND THAT'S NOT TOO HOT OR COLD
SOFT BATHROBE	SLIDING MY THUMB ALONG FINGER
STUFFED ANIMALS/SOFT TOYS	SOMEONE ELSE'S HAND OR A HUG

AT HOME SENSES WELL-BEING CARE KIT

WRITE DOWN POSITIVE ITEMS THAT HELP ME RELAX OR FEEL BETTER. INCLUDE OBJECTS THAT USE AS MANY SENSES AS POSSIBLE. THEN PUT SOME OR ALL OF THEM IN A SPECIAL BAG, BOX, OR CONTAINER, WITHIN EASY ACCESS, AND USE AS NEEDED.

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SENSES WELL-BEING CARE KIT TO GO

MAKE A LIST OF SMALL SIZED POSITIVE ITEMS THAT CAN HELP ME RELAX AND FEEL BETTER ON THE GO. INCLUDE OBJECTS THAT USE AS MANY SENSES AS POSSIBLE. PUT A FEW IN A LITTLE BAG TO PLACE IN A COAT POCKET, PURSE, BACKPACK, ETC.

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