

MY COPING SKILLS CHECKLIST

When I Feel Mad, Sad, Worried or Unfocused I Can...

- Draw or Color 
- Use a Breathing Board 
- Try Wave Breathing 
- Read a Book or Look at Feel-Good Pictures 
- Exercise or Play a Sport 
- Build Something or Do a Puzzle 
- Get a Hug 
- Think of a Happy Memory or Peaceful Place 
- Stretch or Do Yoga 
- Use a Tool from the Calm Box 
- Get a Drink of Water 
- Push Against the Wall and Then Relax 
- Help Someone or Do a Chore 
- Try 5 Finger Breathing 
- Ask for Help 
- List 3 Positive Things I Am Grateful For 
- Journal or Write a Letter 
- Use Positive Self-Talk 
- Squeeze Then Relax My Muscles (Try 'Rocks & Socks') 
- Take Slow Breaths & Just Sit with My Feelings 

50 Distraction Techniques For People With Depression

JL Elias



50 Distraction Techniques For People With Depression:

Whispering the Strategies of Language: An Emotional Quest through **50 Distraction Techniques For People With Depression**

In a digitally-driven earth wherever displays reign supreme and immediate connection drowns out the subtleties of language, the profound strategies and emotional subtleties concealed within words often get unheard. Yet, set within the pages of **50 Distraction Techniques For People With Depression** a charming fictional prize sporting with fresh emotions, lies an exceptional journey waiting to be undertaken. Written by a talented wordsmith, this enchanting opus attracts visitors on an introspective journey, lightly unraveling the veiled truths and profound affect resonating within the very fabric of every word. Within the mental depths with this touching evaluation, we shall embark upon a honest exploration of the book is primary subjects, dissect their charming writing design, and succumb to the effective resonance it evokes heavy within the recesses of readers hearts.

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50 Distraction Techniques For People With Depression Introduction

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