

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

Barbara Wells



50 Distraction Techniques For People With Depression:

50 Distraction Techniques For People With Depression: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the engaging narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover expertly weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and gripping novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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