

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

G Thomas



50 Distraction Techniques For People With Depression:

50 Distraction Techniques For People With Depression Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**50 Distraction Techniques For People With Depression**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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