

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

Catherine A. Niven



50 Distraction Techniques For People With Depression:

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Witness the Wonders in **50 Distraction Techniques For People With Depression** . This immersive experience, available for download in a PDF format (Download in PDF: *), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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