

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 (or more)

☐ 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

Terry C. Jones



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Table of Contents 50 Distraction Techniques For People With Depression

1. Understanding the eBook 50 Distraction Techniques For People With Depression
 - The Rise of Digital Reading 50 Distraction Techniques For People With Depression
 - Advantages of eBooks Over Traditional Books
2. Identifying 50 Distraction Techniques For People With Depression
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 50 Distraction Techniques For People With Depression
 - User-Friendly Interface
4. Exploring eBook Recommendations from 50 Distraction Techniques For People With Depression
 - Personalized Recommendations
 - 50 Distraction Techniques For People With Depression User Reviews and Ratings
 - 50 Distraction Techniques For People With Depression and Bestseller Lists
5. Accessing 50 Distraction Techniques For People With Depression Free and Paid eBooks

- 50 Distraction Techniques For People With Depression Public Domain eBooks
- 50 Distraction Techniques For People With Depression eBook Subscription Services
- 50 Distraction Techniques For People With Depression Budget-Friendly Options
- 6. Navigating 50 Distraction Techniques For People With Depression eBook Formats
 - ePub, PDF, MOBI, and More
 - 50 Distraction Techniques For People With Depression Compatibility with Devices
 - 50 Distraction Techniques For People With Depression Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 50 Distraction Techniques For People With Depression
 - Highlighting and Note-Taking 50 Distraction Techniques For People With Depression
 - Interactive Elements 50 Distraction Techniques For People With Depression
- 8. Staying Engaged with 50 Distraction Techniques For People With Depression
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 50 Distraction Techniques For People With Depression
- 9. Balancing eBooks and Physical Books 50 Distraction Techniques For People With Depression
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 50 Distraction Techniques For People With Depression
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 50 Distraction Techniques For People With Depression
 - Setting Reading Goals 50 Distraction Techniques For People With Depression
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 50 Distraction Techniques For People With Depression
 - Fact-Checking eBook Content of 50 Distraction Techniques For People With Depression
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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