

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

Joseph Yankura



50 Distraction Techniques For People With Depression:

Embark on a transformative journey with is captivating work, **50 Distraction Techniques For People With Depression** . This enlightening ebook, available for download in a convenient PDF format , invites you to explore a world of boundless knowledge. Unleash your intellectual curiosity and discover the power of words as you dive into this riveting creation. Download now and elevate your reading experience to new heights .

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