

## **DISTRACTIONS WHEN NEEDED FROM BEHAVIORS & THOUGHTS**

Prayer to your Higher Power (in a private place if possible)

Meditation (in a private place if possible)

Make an outreach call or text to your sponsor or another fellow in program.

Serve others/donate to a worthy cause

Sleep or rest in a hammock.

Make out with your partner.

Watch a TV show.

Watch a movie.

Sing/karaoke

Watch cute videos on YouTube.

Mindless doodles/finger painting/playing with clay.

Drum on a surface.

Play a game or use a fun app on your phone.

Video games.

Tear out words/photos/etc for a collage.

Discover new music.

Wash your face/hands or brush your teeth.

Re-watch highlights from your favorite sport.

Gratitude list.

Imagery exercises. [Containment exercises](#), [healing pool/healing light](#), guided meditation,

Play a board game with a friend.

Card games. Solo works, too, if there's no one around.

Play with a pet.

Listen to a podcast/audiobook.

Try to laugh without smiling.

Color-breathing / breathing techniques. An example of color-breathing [here](#).

Untangle cords/necklaces/strings in a drawer.

Clean out social media friends lists.

Read a children's book

Play with a tangle, fidget cube, pin art, sand tray, etc.

Count by 7's, list all the prime numbers, divide.

Browse art sites for images you love. Whether it's DeviantArt, flickr, Pinterest

Sit outside and pay attention to all the things in nature.

Apply lotion.

Allow yourself a nap.

PUZZLE BOOKS. SUDOKU, CROSSWORDS, WORD FINDS, VARIETY PUZZLES

Read a book.

Play music.

Dance party with [this](#) or, [give. these. a. go](#). And, if all else fails: [BAM](#).

Watch videos on a topic you're unfamiliar with.

Draw/use an adult coloring book.

Make an Amazon wishlist or Pinterest board of things you want.

Send texts/messages to friends to check in with them.

Organize all the files on your computer.

Wash your makeup brushes, paint brushes or other work tools.

Bullet journaling.

Create a playlist for sleep/relaxation, or to pump you up, or just one for the background

Take a shower/bath or bubble bath with candles

Clean all your electronics. Your phone, your keyboard, laptop screen, earbuds

Schedule appointments you've been putting off. Call the dentist, doctors, insurance

Stretch/do yoga.

Write an email or letter to someone. Call up a safe friend/family member.

Write reviews for things you've purchased online.

Take photos and edit them in really unique ways. Use new filters & effects

Try new ways to style your hair.

Test out a totally new makeup look

Follow a DIY tutorial (even if just to laugh at yourself).

Research new homes/cars/phones/assistance programs/accessibility devices

Paint your nails.

Fold laundry.

List your recent accomplishments. You'll be amazed

Write a poem/alpha-poem/etc. It doesn't have to be a good poem.

Watch a documentary.

Creative/expressive writing. There are excellent creative writing prompts online

Do something childlike. Sidewalk chalk, hopscotch, color, skip rope.

Or, just enjoy [this video](#)

Buy yourself a small gift.

Do a jigsaw puzzle.

Make a handmade gift for someone.

Take a walk.

Make your own [containment box](#)/journal or God Can.

Post positive comments to friends. Fill up friend's social media

Organize a drawer/closet. .

Self-care. Look up ASMR videos , oddly-satisfying compilations

Go to a movie.

Begin learning a new language.

Begin learning sign language, Braille or another communication skill.  
Learn an instrument. Piano, guitar, ukulele, violin, flute, drums  
Build/do construction. Work with your hands  
Go for a drive.  
Work out. Whether you hit the gym, or get moving in your home  
Build a house of cards, stack dominoes, etc.  
Garage/shed tasks. Work on your car, clean up a tool or tackle box, stain a shelf,  
Repair things around the house. Fix a sink, a broken chair, squeaky door.  
Organize an event/party/vacation. Even if it never happens  
Go through your clothes/closets and donate what you don't need.  
Rearrange/redecorate a bedroom or other room in the house.  
Do gardening/landscaping/outdoor work.  
Try a Rubix cube or other impossible puzzles. Learn how to solve 'em!  
Information deep dives. Learn about a social, political, historical topic  
Head out to a coffee shop/bookstore. Do the same as home, but in company  
Go to or look for new public places. Check out local libraries, parks, bookstores  
Clean out your car/gym bag/purse/wheelchair/wallet/etc.  
Finish work you've been putting off, Get 'em done and cross 'em off your list!  
Meet up with a safe group of friends or family.  
Visit a barn or farm. Ride horses, learn more about agriculture or animals  
Go to an art, space, or historical museum. Learn all there is to know  
Money stuff. Start filing your taxes, collect receipts, balance your accounts, pay bills  
Learn a new physical skill. Kickboxing, martial arts, jujitsu, self-defense