

How Can I Distract Myself?

Sometimes you will have to manage situations or people that can make you feel sad, angry, confused, hurt or upset. Dealing with those feelings can be overwhelming and can make you feel very tired.



Although you do need to deal with these feelings, it is important to give yourself some time away from these feelings. You will need a break to do something and feel something different.

For example, you may be feeling very sad because someone you love has died. You may feel sad all the time but it is OK to have a break from feeling sad. You may find that you feel happy when you play with your friends or when you take part in your favourite hobby.

This time away from those difficult feelings is really important as you can gather some new strength to use when you return to the difficult emotions.

You may already know how to feel better and give yourself some time away from these emotions, which is great.



However, you may want to discover more techniques to try. You may not have any ideas and so you may want to try all these techniques below to see which ones help you.

In this pack, there are a number of flashcards with distraction techniques on them. Make a hole in each card and tie them together using some string so you can make your own handy little book to keep with you.

You may suddenly feel like you need a break and don't know how to do it. This is the perfect time to use your little book.

There are many ideas you can try but you might have some ideas of your own that you know work. Use the blank cards to write your own ideas and draw a picture.

Sometimes, it is easier to picture yourself doing the distraction when you can see a picture of someone doing something already.

