

DISTRACTION TECHNIQUES

These are short term techniques that can be used to help distract you from unhelpful and worrying thoughts when they arise.

- Counting backwards from 100 in 7's (ie. 100, 93, 86 etc...)
- Listen to music or the radio – music can affect the way we feel so put on something that's uplifting (try not to listen to 'sad' music or songs when you are feeling low.
- Do a crossword or a puzzle
- Go for a walk
- Treat yourself to something you enjoy