

Distracting

A way to remember these skills is the phrase “**Wise Mind ACCEPTS.**”

With Activities:

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| <input type="checkbox"/> Focus attention on a task you need to get done. | <input type="checkbox"/> Go out for a meal or eat a favourite food. |
| <input type="checkbox"/> Practice a new hobby like yoga, pilates, etc. | <input type="checkbox"/> Call or go out with a friend. |
| <input type="checkbox"/> Rent movies; watch TV. | <input type="checkbox"/> Listen to your iPod; download music. |
| <input type="checkbox"/> Clean a room in your house. | <input type="checkbox"/> Build something. |
| <input type="checkbox"/> Find an event to go to. | <input type="checkbox"/> Spend time with your children. |
| <input type="checkbox"/> Play computer games. | <input type="checkbox"/> Play cards. |
| <input type="checkbox"/> Go walking. Exercise. | <input type="checkbox"/> Read magazines, books, comics. |
| <input type="checkbox"/> Surf the Internet. Write e-mails. | <input type="checkbox"/> Do crossword puzzles or Sudoku. |
| <input type="checkbox"/> Play sports. | <input type="checkbox"/> Buy some plants or do some gardening. |
| | <input type="checkbox"/> Other: |

With Contributing:

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| <input type="checkbox"/> Find volunteer work to do. | <input type="checkbox"/> Call or send an instant message encouraging someone or just saying hi. |
| <input type="checkbox"/> Help a friend or family member. | <input type="checkbox"/> Make something nice for someone else like bake cookies for a friend or relative. |
| <input type="checkbox"/> Surprise someone with something nice (a card, a favor, a hug). | <input type="checkbox"/> Do something thoughtful. |
| <input type="checkbox"/> Give away things you don't need. | <input type="checkbox"/> Other: |

With Comparisons:

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| <input type="checkbox"/> Compare how you are feeling now to a time when you felt different. | <input type="checkbox"/> Compare yourself to those less fortunate. |
| <input type="checkbox"/> Think about people coping the same as you or less well than you. | <input type="checkbox"/> Watch reality shows about others' troubles; read about disasters, others' suffering. |
| | <input type="checkbox"/> Other: |

With different Emotions:

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| <input type="checkbox"/> Read emotional books or stories, old letters. | <i>Ideas:</i> Scary movies, joke books, comedies, funny records, religious music, soothing music or music that fires you up, going to a store and reading funny greeting cards. |
| <input type="checkbox"/> Watch emotional TV shows; go to emotional movies. | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Listen to emotional music. | |
- (Be sure the event creates different emotions.)*

With Pushing away:

- Push the situation by leaving it for a while.
- Leave the situation mentally.
- Build an imaginary wall between yourself and the situation like imagine decorating a beautiful new home room by room.
- Block thoughts and images from your mind.

- Notice ruminating: Yell “No!”
- Refuse to think about the painful situations.
- Put the pain on a shelf. Box it up and put it away for a while.
- Deny the problem for the moment.
- Other:

With other **Thoughts:**

- Count to 10; count colors in a painting or poster or out the window; count anything.
- Name items around you.
- Repeat words to a song in your mind.

- Work puzzles.
- Watch TV or read.
- Other:

With other **Sensations:**

- Squeeze a rubber ball very hard.
- Listen to very loud music.
- Hold ice in your hand or mouth.
- Drink a hot beverage.

- Eat something sour like a lime.
- Go out in the rain or snow.
- Take a hot or cold shower.
- Other: