

Distraction

Distraction can be helpful in managing anxiety and coping with negative feelings. When we are anxious it is difficult to think our way out of our anxious state, and sometimes it is better to distract ourselves from our worries and stress. This can give our mind and body a rest from the unhealthy emotions & thoughts and allow us to focus on more helpful ones.

Distract using ACCEPTS.

Activities- Try to do an activity that will require your focus and concentration. This could be things such as work, school, playing cards, reading a book, playing a game, getting a household task done, etc.

Contributing- Find something that will allow you to focus on something or someone other than yourself. This could include things such as volunteer work, surprising someone with something nice, help a friend, doing something thoughtful, etc.

Comparisons- During times of negative feelings you can compare your situation to something worse. This could include remembering a time when you went through something worse, comparing a time when you felt different, thinking about others in similar or worse situations, watching reality shows about other' troubles, etc.

Emotions- Instead of feeling that negative emotion you can try to do something that will make you feel a different emotion. This could include listening to emotional music (happy or sad, depending on how you are feeling), reading an emotional book, watching an emotional show or movie (such as a scary movie or really funny movie), etc.

Pushing away- Negative thoughts can easily overwhelm the mind, sometimes it is helpful to push them out of your mind. This could be done by writing it down then crumpling it up and throwing it out, refusing to think about it, building an imaginary wall in your mind between yourself and negative thoughts, etc.

Thoughts- As your negative thoughts and emotions start to take over you can try to focus on other thoughts. This can include counting to 10, reading a book, reciting words to a song in your mind, watching tv, doing a puzzle, etc.

Sensations- Using various safe physical sensations can be extremely useful in removing your focus from the negative thoughts and emotions. This can include holding ice in your hand, taking a hot or cold shower, listening to loud music, eating something really sweet or really sour, etc.