

Distraction Activities

Coping With Big Emotions

Anything we give attention to grows. By directing attention to something other than our anxiety, we can reduce the intensity of symptoms. Distraction is one coping strategy we can use to manage big emotions. Use this activity to identify alternative activities you can engage in as a way to reduce your focus on worry symptoms.

Movement

- Go on a walk/run
- Dance to a favorite song
- Clean or organize your room
- Jump rope
- Cook or bake a snack

Senses

- Put on a scented hand lotion
- Eat a piece of sour candy
- Put on a minty chapstick or lip plumper
- Dig for beads in slime/play dough
- Watch a funny video

Creative

- Draw/color
- Play a musical instrument
- Decorate your room
- Do a puzzle
- Make a TikTok video

Social

- Play a board/card game
- FaceTime a friend
- Play with a pet
- Invite a friend over to play
- Babysit

Distraction Game Plan

- Use this space to come up with when and how you will use distraction to cope with big emotions. Identify:
1. The activity/situation that leads to big emotion
 2. A distraction activity you can use before/during/after to cope with these emotions