

Crisis Survival: Healthy Distraction

When we have free time, our brains like to cause trouble. In these moments, our brain may give us unpleasant emotions that push us deep into our “EMOTION MIND.” In those moments, it may feel like a good idea to do something impulsive to quickly get rid of the emotion (e.g., use substances, do something risky, call an ex, spend money, etc). In those moments, we want to find healthy distractions to help ourselves find the WISE MIND (that balance between emotion and logic). The word to remember here is: ACCEPTS

Activities

Put your focus into your to-do list (or...make a to-do list). Go for a walk, clean a room in your house, build something, call a friend, read a book. The key is to set a challenge for yourself and complete it!

Contributing

We want to challenge the unpleasant things our brains are calling us. To do that, we need to get it some competing information. Find a way to contribute to others. Volunteer your time, look for clothes to donate, send a friendly message to a friend.

Comparisons

Identify people you admire. What behaviors would they do to get themselves moving again?

Emotions

(different ones)

Find a way to trigger a different emotion. Put on a scary movie, read a joke book, watch cat videos online, put on emotional music. Push your brain in a different direction!

Push away (temporarily)

Set a timer and give yourself permission to mentally (or physically) step away. Write down what’s bothering you and put it into a box. Go on a mental field trip. The key here is to give yourself a break before regrouping and getting back into your life

Thoughts

Get your mind busy! Put on music and try to figure out the lyrics. Work on a puzzle. Read a book. Go on a walk and look for everything of a certain color.

Sensations

In a safe way, look to stimulate your sense of touch. Squeeze a ball and focus on what your hand feels like. Take a hot/cold shower. Hold ice in your hand or mouth.