Coping Strategies for Distressing experiences- Distraction and Focusing

Identify activities you have tried or would be willing to try. Attempt the activity and then rate level of helpfulness →	**Not Tried**	**Not Helpful**	**Somewhat Helpful**	**Very Helpful**
Humming				
Read quietly to self				
Listening to music				
Praying / Meditating				
Using a mantra				
Painting				
Using imagery				
Walking in the fresh air				
Phoning a friend				
Exercising				
Using a relaxation tape				
Doing yoga				
Taking a warm bath				
Calling your mental health professional				
Attending a social event				
Watching TV				
Doing a crossword or other puzzle				
Playing a computer game				
Trying a new hobby				
Look Point Name activity				
Practice slow breathing exercises				
Ear plug in one ear; read to self				
Practice gratitude (make a list; write a letter)				
Put together and use healthy self-soothing kit				
List your own activity:				

*****When possible, list specifics like, what day, times, who is involved (names), where, etc.***