

Distraction Ideas

Sometimes when we're worried, anxious or sad negative thoughts can go whizzing around our minds making everything seem much worse...

Doing something that distracts you and that you enjoy is a great way of calming those thoughts.

Here are some ideas to try

Happy Playlist

Music is a brilliant way to lift your mood when you are feeling down. Put together a playlist of songs including:

- One to make you smile
- One to make you want to dance
- One that reminds you of a happy time or place
- Don't forget to add tunes you can sing along to really loudly! (It doesn't matter if you're in tune or not - just have fun!)

Dancing is another great way to get those great uplifting brain chemicals going...

dance
like nobody's watching



Distraction ideas for when you're worrying:

- Write it down
- Talk to someone
- Go for a walk / get active
- Listen to your happy playlist
- Make a warm drink
- Tidy your room and put things in order
- Drawing or colouring
- Do a jigsaw / play a game

Make a Calming Glitter Jar

- A jar or plastic bottle (500ml)
- A jug of warm water
- About 60ml glitter glue
- 2 / 3 drops of gel food colouring
- About 60g-80g glitter

Instructions

1. Add warm water to your jar or bottle until it reaches around a third of the way up.
2. Add the glitter glue and stir until it combined with the water (Add around 3 drops of food colour and stir. Remember not to add too much it will be too dark and it will be hard to see the glitter).
3. Add the glitter! Stir really well
Top Tip: Try a mix of chunky and fine glitter to give more texture to your jar.
4. Top up your jar with the rest of the warm water, until it is almost full. Leave a little gap at the top of the jar to allow the mixture to move.
5. Glue the lid to the top of the bottle
Top tip: Try adding a squirt of baby oil, liquid soap or glycerine to slow things down in the jar when it settles.



Make a self-soothe Box

This is a box you can make that contains things to make you feel more relaxed and help manage big feelings. You could include something for each of your senses and activities to distract your mind. For example:

- **Touch** Include something that you can touch as a good distraction for your hands. Fidget toys or stress balls are great ideas.
- **Memories:** Keep a few photos of people or places that have happy memories. Other things can have good memories too like a stone or a shell you brought back from a happy holiday or day out. Keep a note of nice things people have said to you - it's good to remind yourself there are people who think you're OK.
- **Smell:** Something that smells of lavender or rose can help relaxation..
- **Music:** Make a playlist of your favourite calming / happy music on your 'phone or tablet. Put a note in your box to remind you of where it is and what's it called.
- **Something that tastes good:** A small bar of your very favourite chocolate perhaps... or some special sweets (there are no calories in a self-care box!)
- **Calming / breathing ideas:** Add your favourite calming / breathing ideas
- **Something to distract your mind:** Having an activity to complete can really help. Keep a magazine or favourite book in your box. Have some colouring sheets and some pencils. Have a notebook to draw or write about how you're feeling or to write a poem or a story. Puzzle magazines with things like word searches are a great distraction too.

In this video YP advocates from Young Minds talk through self-care boxes:

<https://youngminds.org.uk/blog/how-to-make-a-self-soothe-box/>