



Wellbeing Webinar: Distractions list

Life can be so busy. We can forget to take time out to process our thoughts and feelings. By taking time out of our daily lives we can recharge and bounce back from our mental health struggles.

A song or TV show that will help me calm down and distract myself is....

A place I can go that always puts me in a better mood is....

A type of exercise I like to do to distract myself is....

A person who I can trust and chat to is....

When it comes to distraction, sometimes we need to think outside the box. What activities would you like to do in the next few weeks or months? Circle them here:

<input type="checkbox"/> Listen to music	<input type="checkbox"/> Play a game	<input type="checkbox"/> Go for a bike ride	<input type="checkbox"/> My favourite hobby
<input type="checkbox"/> Text a friend	<input type="checkbox"/> Go for a walk	<input type="checkbox"/> Take the dog for a walk	<input type="checkbox"/> Learn a new skill
<input type="checkbox"/> Make a cup of tea	<input type="checkbox"/> Watch TV	<input type="checkbox"/> Spend time with family	<input type="checkbox"/> Meditation
<input type="checkbox"/> Breathing exercises	<input type="checkbox"/> Read a book	<input type="checkbox"/> Exercise	<input type="checkbox"/> Listen to a podcast