

ACTIVITIES

Find something healthy to do that brings you joy, peace, or any other positive feelings.

CONTRIBUTING

Do something for a friend or loved one. This could include sending a positive text, making/buying them food, or giving a gift.

COMPARISONS

Put things in perspective. Consider all the things that are going well in your life no matter how small they seem.

EMOTIONS

Try doing something to invoke a different emotion, other than the distressful one you might be feeling. For example, try listening to soothing music when stressed or on-edge.

PUSH AWAY

Temporarily shelve your thoughts/emotions until you have the time/energy to come back to them. Imagine writing the problem down + throwing the piece of paper away.

THOUGHTS

Replace negative thoughts with thoughtful activities like puzzles, games, etc.

SENSATION

Find safe physical sensations to distract yourself. Take a warm bath, hold an ice cube in your hand, eat something spicy, etc.