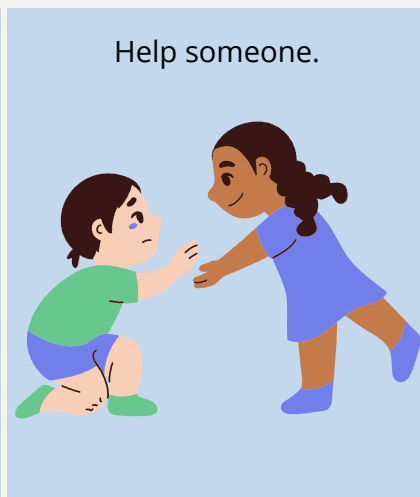
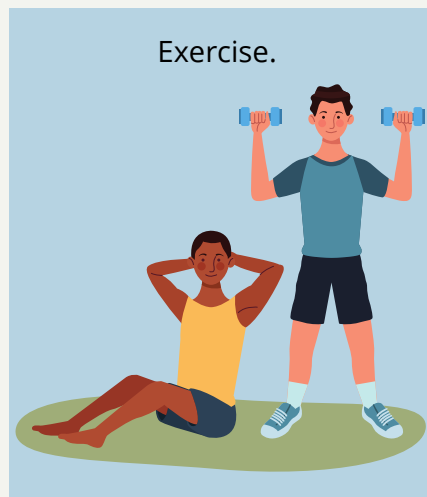


MENTAL HEALTH

9 HIGH-EFFORT DISTRACTION TECHNIQUES



These 9 distraction options are based on the blog "[Beauty after Bruises – 101 Distraction Techniques.](#)"

For more information on different self-help coping strategies, visit our Unaccompanied Children Resource Center: ucresourcecenter.org.