

MENTAL HEALTH

9 LOW-EFFORT DISTRACTION TECHNIQUES

Sing or use a surface as a drum.



Watch cheerful videos on YouTube. Look for comedians, laugh challenges, or puppy videos.



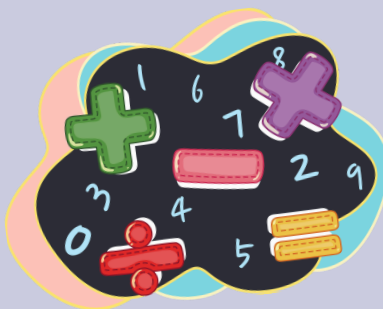
Eat a snack slowly and savor all the flavors.



Play a video game or board game.



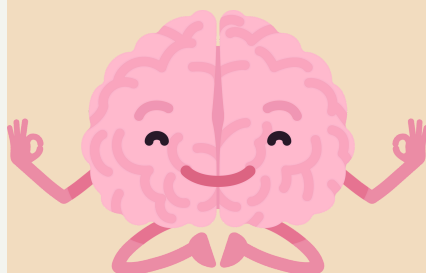
Do math problems.



Wash your face/hands or brush your teeth.



Do imagination exercises.



Play with a pet.



Try laughing without smiling.



Video



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.