

MENTAL HEALTH

INTRODUCTION TO DISTRACTION TECHNIQUES

Distraction techniques involve shifting our attention from one situation to another to relieve stress.

Stressful or anxiety-inducing situations often create a vicious cycle where a person begins to experience physical symptoms.

This cycle repeats as the person misinterprets these symptoms, thinking more about what is causing the stress or anxiety, increasing the intensity of the symptoms and our reaction to the situation.



Distraction techniques help break this cycle, allowing us to stabilize our mind and thoughts by focusing on something else.

Explore the following videos and practice the low, medium, and high-effort distraction examples we have available.

Video

Low-Effort Examples	Medium-Effort Examples	High-Effort Examples
Use these examples when you need something easy to do that requires little effort to clear your mind.	Use these examples when you need something entertaining that requires little physical activity to clear your mind.	Use these examples when you need something complex, elaborate, and physically active to clear your mind.
Watch television 	Read a book or do a puzzle 	Go for a ride (by car, bike, skates, etc.)
Explore more examples in the flyer below. 	Explore more examples in the flyer below. 	Explore more examples in the flyer below.

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