

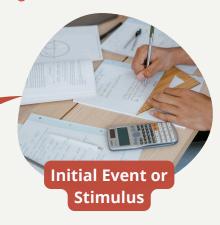
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INTRODUCTION TO DISTRACTION TECHNIQUES

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.



Something causes you stress

Stress causes a physical reaction



We think about what causes the physical reactions and the vicious circle begins

We notice the stress and misinterpret it

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.



Low-Effort Examples Medium-Effort Examples High-Effort Examples Use these examples when you Use these examples when you Use these examples when you need something easy to do that need something entertaining need something complex, requires little effort to clear your that requires little physical elaborate, and physically active to mind. activity to clear your mind. 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 Explore more examples in the Explore more examples in the flyer below. flyer below. flyer below.

