

**In the Moment Activities:** These activities bring our focus to making things better, as best we can, in the current moment. Some activities are easy to do without any preparation, some set up for pleasurable experiences in the future, and others require that we accept a space to make our situation different.

- Spruce up the moment's what I would change
- Address yourself
- Buy or pick flowers
- Cleanse
- Cleanse up
- Cleanse yourself with environment
- Smuggle a smile
- Imagine how someone you admire would be
- Make an appointment for a massage
- Make an appointment with a therapist
- Make a commitment
- Meditate
- Name things for which you are grateful
- Observe without judgment
- Postage - buy up a thought & set it aside
- Play with a child
- Practice self-compassion
- Pray
- Read uplifting material
- Recall a past pleasant moment
- Reconnect yourself to nature
- Show "help"
- Sing or hum a happy song
- Smile
- Spend up for yourself (don't give your money away)
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- \_\_\_\_\_

**Sensation Focused Activities:** These activities take our attention to our senses. They stimulate sensory awareness and can be used as a distraction. Many are pleasurable but some are not. Never do anything harmful to your body.

- Blow bubbles
- Crag-ol toe or nailfile
- Cold washcloth on your face
- Eat something tasty
- Fill your teeth
- Give sensory stimulation
- Get your hair cut
- Hold an ice cube in your hand until it melts
- Lay on a heating pad
- Light a candle
- Listen to music
- Listen to sounds in nature
- Pinch your fingertips
- Physical movement in the current moment
- Put on lotion
- Put on scented oils or perfume
- Taste and something beautiful until you love it
- Tea
- Tug a rubber band on your wrist
- Tumble cold water on your face
- Walk on hard candy
- Take a hot bath or shower
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- \_\_\_\_\_

**Thought Challenge Activities:** These activities take our minds to a task that requires thought or doing hard. These activities help us move our minds away from things that are troubling by giving us a problem to solve or question to ponder.

- Color some
- Count backwards by 1's from 100
- Count things
- Count to 10 slowly
- Create a writing
- Exercise the jaw and neck
- Focus on what you like, not what you don't
- Identify your thoughts
- Meditate on one thing
- Name "thoughts"
- Plan a joyous event for the future
- Play a mental game
- Read
- Review the morning prayer
- See current situation as an opportunity to learn
- Sing something complex
- Think of long term goals
- Visualize success
- Write
- Write a parable
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