

## for you to do

Following is a list of skills that will help you to distract your mind from the problem you're having, and the pain it's causing. Check off or highlight the ones that you do already and then make note of the ones that you could do to distract yourself during a crisis. There are spaces at the end for you to add your own ideas.

Talk to a friend.	Scrapbook.	Go to the mall.
Go for a walk.	Look at photographs.	Go somewhere you'll be around other people, like a park or zoo.
Ride your bike.	Do a crossword puzzle.	Organize part or all of your room.
Go skateboarding.	Eat your favorite food.	Dance.
Take a hot bath.	Bake cookies.	Go to a museum.
Play with your pet.	Find a fun ring tone for your cell.	Invite a friend over.
Watch television.	Fly a kite.	Download some iTunes.
Play video games.	Journal.	Do something nice for your family or a friend.
Check Facebook.	Write a poem.	Light some candles.
Check your e-mail.	Go rollerblading.	
Do homework.	Go to the beach.	
Listen to music.	Knit.	
Go for a jog.	Listen to a relaxation CD.	
Go swimming.	Surf the Internet.	
Visit a friend.	Play a musical instrument.	
Go skiing or snowboarding.	Play a sport you enjoy.	
Watch a movie.	Play Wii.	