

**In the Moment Activities** These activities bring you back to real things, like, in fact, you are, in the moment. Some activities are easy. In the middle, they prepare you, some set up for pleasurable experiences in the future, and others require that we purpose a space to make our situation different.

- Stretch for five seconds) what I cannot change.
- Jiffy journal
- Say or pain phrases
- Connect
- Connect on
- Distance yourself with environment
- Imagine a wall
- Imagine how someone you dislike would be
- Make an appointment for a message
- Make an appointment with a therapist
- Make a reservation
- Minors
- Name things for which you are grateful
- Offer to volunteer
- Outgoing - how you thought it out to work
- Play with a child
- Practice appreciation
- Play
- Read uplifting material
- Read/ paper/placement journal
- Record yourself the success
- Show "map"
- Sing or hum a happy song
- Smile
- Speak up for yourself from your inner strength
- \_\_\_\_\_
- \_\_\_\_\_

**Sensation Focused Activities** These activities take our attention to our senses. They stimulate sensory nerves and can be useful a distraction. Most are pleasurable but some are not. There is no thing harmful to your body.

- Breathe deeply
- Cup of tea or coffee
- Cold washcloth on your face
- Eat something tasty
- Fill your mouth
- Find sensory stimulation
- Go out to eat
- 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
- Place your fingertips
- Physical sensation in the present moment
- Put on lotion
- Put on scented oils or perfume
- Touch - use something beautiful and get lost in it
- Use
- Use crushed frozen peas to soothe
- Splash cold water on your face
- Touch scented candle
- Take a hot bath or shower
- \_\_\_\_\_
- \_\_\_\_\_

**Thought Challenge Activities** These activities may not seem to attack that negative thought or deep belief. These activities help us deal our minds away from things that are troubling by giving us a problem to solve or question to ponder.

- Color code
- Count backwards by 1's from 100
- Count things
- Count to 10 slowly
- Creative writing
- Examine the pros and cons
- Focus on what you like, not what you don't
- Identify your thoughts
- Identify how you're feeling
- Name "Anxiety"
- Play a puzzle game for the future
- Play a mental math game
- Read
- Recall the Memory Palace
- Reconnect intention to an opportunity to learn
- Say something simple
- Think of long term goals
- Visualize success
- Write
- Write a poem
- \_\_\_\_\_
- \_\_\_\_\_