

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

- Accept (in this moment) what I cannot change
- Affirm yourself
- Buy or pick flowers
- Compare
- Create art
- Distract yourself with entertainment
- Imagine a wall
- Imagine how someone you admire would be
- Make an appointment for a massage
- Make an appointment with a therapist
- Make a reservation
- Mantra
- Name things for which you are grateful
- Observe without judgement
- Packaging - box up a thought & set it aside
- Play with a craft
- Practice relinquishment
- Pray
- Read uplifting material
- Recall a past pleasant moment
- Reward yourself for success
- Shout "stop"
- Sing or hum a joyous song
- Smile
- Speak up for yourself from your inner wisdom
- \_\_\_\_\_
- \_\_\_\_\_

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

- Burn incense
- Cup of tea or coffee
- Cold wash cloth on your face
- Eat something tasty
- File your nails
- Five senses 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
- Paint your fingernails
- Physical sensations in the current moment
- Put on lotion
- Put on scented oils or perfume
- Seek out something beautiful and get lost in it
- Sex
- Snap a rubber band on your wrist
- Splash cold water on your face
- Suck on hard candy
- Take a hot bath or shower
- \_\_\_\_\_
- \_\_\_\_\_

**Thought Challenge Activities** These activities take our minds to a task that requires thought or sharp focus. These actions help us steer our minds away from things that are troubling by giving us a problem to solve or question to ponder.

- Color name
- Count backwards by 3'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
- Mindfulness on one thing
- Name "favorites"
- Plan a joyous event for the future
- Play a musical instrument
- Read
- Recite the Serenity Prayer
- See current situation as an opportunity to learn
- Sing something complex
- Think of long term goals
- Visualize success
- Work
- Work a puzzle
- \_\_\_\_\_
- \_\_\_\_\_