

Managing Stress Through Helpful Distractions

Distraction can be a helpful tactic when struggling with stress and/or anxiety. It helps you find some distance from your worrying thoughts or the physical sensations of anxiety or tension in your body.

Helpful Distractions

Helpful distractions can be very small things. Anything that draws your attention to something external from your thoughts. For example, making a cup of tea requires focus to boil the kettle, and find the tea bag, not burn yourself, and add condiments of your choice, then to take the tea bag out. These little steps require focus and mean that you are not stuck in your head constantly. Here are some other ideas for helpful distraction:

- Play a musical instrument
- Do a sudoku or a crossword
- Have a shower
- Paint or sketch something
- Make a hot drink
- Play a card game
- Apply hand cream or moisturiser
- Make a healthy snack

Try and make a list of a few activities that you can use either at home or at work that are easy to access so you can use them when you feel worried or tense.

