

DISTRACTION & ABSORPTION COPING SKILLS



READ A BOOK:

Choose something absorbing to hold focus.

Best for:
Rumination, stress.

WATCH A FAMILIAR SHOW:

Choose something comforting over scrolling.

Best for:
Overwhelm, loneliness.



DO A PUZZLE:

Anything that forces concentration.

Best for:
Overthinking, restlessness.

PLAY A GAME:

One that occupies you, but doesn't wind you up.

Best for:
Stress, boredom.



COMPLETE A SMALL TASK:

Just one drawer, shelf, or bag.

Best for:
Overwhelm, frustration.

LEARN SOMETHING NEW:

A short lesson on a topic you're curious about.

Best for:
Rumination, low motivation.



DO A FOCUSED HOBBY:

Twenty minutes on something you enjoy.

Best for: Low mood, stress.

COOK OR BAKE:

Follow a simple recipe to keep hands busy.

Best for:
Restlessness, sadness.



SORT MEMORIES:

Organize old pictures or revisit good.

Best for:
Boredom,

SET A SHORT TIMER:

10-20 mins, then check back in.

Best for: Intense emotions, rumination.

