

The big list of self-care and distraction activities

Adapted from *The Dialectical Behaviour Therapy Skills Workbook* by Matthew McKay

Self-care and distraction can help you calm down in when you are feeling stress and can help promote greater resiliency if you do them regularly.

Self-soothing

- Watch a relaxation video on YouTube
- Listen to music you love
- Eat a comfort food
- Sleep or nap
- Take a shower
- Cuddle with a pet/imagine your pet being goofy
- Cook your favourite meal
- Paint your nails
- Have a bubble bath
- Read a comic book
- Watch a good bad movie or a comedy
- Pray
- Meditate
- Open up your window and breathe
- Take a bubble bath
- Be just in the moment
- Do something goofy



Engage your brain or create

- Play video games
- Do a puzzle
- Play solitaire
- Sing
- Draw
- Watch a cooking show
- Knit, crochet or sew or learn to
- Read a book by an author you love
- Journal
- Plant a garden
- Write a poem
- Take photographs or make a video
- Play a musical instrument
- Scrapbook
- Start a blog
- Play chess with your computer

Connect with others

- Talk to or text a friend
- Go out and see a friend
- Join a club
- Reach out to a friend in need
- Try volunteering
- Do a random act of kindness
- Buy a coffee for person behind you
- Bake muffins for someone
- Bring a candy to someone
- Talk to your mom, dad, or siblings

Change the scene

- Go for a drive
- Take a ride on a bus
- People watch at a mall
- Go to a movie
- Go to the library
- Go to a place of worship
- Sit by a stream and listen to the water
- Go shopping
- Go to your favourite café
- Hold a smooth rock in your hand
- Watch the sunrise or the sunset

Exercise

- Go for a walk in nature
- Dance
- Ride your bike
- Do yoga
- Go for a jog or run
- Play outside
- Hop on a swing
- Stretch your muscles
- Clean up your room