



# Hope Recovery

Support for Survivors of Trauma

## Things to Do for Distraction

- Bake something
- Be creative with something
- Call someone
- Chat with someone online
- Clean something
- Color, draw or paint
- Create a family cookbook
- Create a family photobook
- Cuddle with your love or pet
- Dance
- Deep breathe
- Do a jigsaw puzzle at Jigzone.com
- Do karaoke
- Do your hair
- Do your nails/toes
- Exercise
- Get a drink of water or tea
- Go bowling
- Go for a walk
- Go somewhere relaxing
- Go through your closet and get rid of those items too big or small
- Go to church
- Go to the library
- Go to the movies
- Help someone else
- Journal
- Learn a new language
- Light a scented candle
- Listen to music
- Look through your pictures
- Make a gratitude list
- Make jewelry
- Meditate
- Organize something (bills, desk, pantry, etc.)
- Pick flowers from your garden
- Play games
- Play a musical instrument or learn one
- Play with your pet(s)
- Pray
- Read a book or magazine
- Read positive affirmations
- Rearrange your living room
- Scrapbook
- Sew, knit, crochet or do needlepoint
- Sing
- Squeeze a stress ball or play-doh
- Take a shower
- Take on a new hobby
- Visit your online support forum
- Volunteer somewhere online or offline
- Watch a comedian on youtube
- Watch a movie
- Watch tv
- Write a blog on something you're good at
- Write a short story
- Write out cards and thank you notes to friends and relatives
- Write out your goals—short and long term and things to help you get there