



Hope Recovery,
PO Box 411, Clinton, IN 47842
Phone: (765) 505-8908
recovery@hope4christianrecovery.org

Things to Do for Distraction

Bake something	Pick flowers from your garden
Be creative with something	Plant flowers or a garden
Breathe deeply	Play games
Call someone	Play a musical instrument
Chat with someone online	Play with your pet(s)
Clean something	Pray
Color, draw or paint	Read a book or magazine
Create a cookbook	Read positive affirmations
Create a photobook	Rearrange your living room
Cuddle with your love or pet	Scrapbook
Dance	Sew, knit, or crochet
Do a jigsaw puzzle at Jigzone.com	Sing
Drink something cold or hot	Squeeze a stress ball
Exercise	Take a shower
Fix your hair a new way	Visit your online support forum
Go bowling	Volunteer virtually or in person
Go for a walk	Watch a comedian on DVD or
Go somewhere an karaoke	YouTube
Go somewhere relaxing	Watch a movie
Go through your closet	Watch TV
Go to church	Write a blog on something you're good
Go to a park	at
Go to the library	Write a short story
Go to the movies	Write out cards or thank you notes
Help someone else	Write out your goals and how to get
Journal	there
Learn a new hobby	
Learn a new language	
Light a scented candle or use a plugin	
Listen to music	
Look through your pictures	
Make a gratitude list	
Make jewelry	
Meditate	
Organize something (desk, pantry, etc.)	
Paint your nails	