

Distraction and Relaxation Skills

adapted from Seeking Serenity workshop.

Spring Semester 2020



For more support or information, reach out to Student Health and Counseling Services (760)750-4915. If you are experiencing a mental health crisis, call our after-hours/off campus line at (760)750-4915 ext. 9. For life threatening mental health emergencies, call 911.

(Adapted from *Skills Training Manual* by Marsha Linehan. © 1993. The Guilford Press)

Distraction Strategies

Instructions: Check all of the distraction strategies that you are willing to try.

- | | |
|--|---|
| <input type="checkbox"/> Engage in a hobby (specify:_) | <input type="checkbox"/> Go to an event (specify:_) |
| <input type="checkbox"/> Clean/organize | <input type="checkbox"/> Play video games |
| <input type="checkbox"/> Go to a coffee shop | <input type="checkbox"/> Play a sport |
| <input type="checkbox"/> Write in a journal | <input type="checkbox"/> Exercise |
| <input type="checkbox"/> Surf the web | <input type="checkbox"/> Watch a sporting event |
| <input type="checkbox"/> Read a magazine | <input type="checkbox"/> Get a haircut |
| <input type="checkbox"/> Sunbathe | <input type="checkbox"/> Listen to music |
| <input type="checkbox"/> Do a puzzle | <input type="checkbox"/> Take a gym class |
| <input type="checkbox"/> Paint nails | <input type="checkbox"/> Go for a drive |
| <input type="checkbox"/> Call/text/visit a friend | <input type="checkbox"/> Go shopping |
| <input type="checkbox"/> Go for a walk | <input type="checkbox"/> Do laundry |
| <input type="checkbox"/> Go out for a meal | <input type="checkbox"/> Make something for someone else |
| <input type="checkbox"/> Draw | <input type="checkbox"/> Do something for someone else |
| <input type="checkbox"/> Watch T.V. | <input type="checkbox"/> Do volunteer work |
| <input type="checkbox"/> Sing along to the radio | <input type="checkbox"/> Watch soap operas |
| <input type="checkbox"/> Wash dishes | <input type="checkbox"/> Read a book |
| <input type="checkbox"/> Cook favorite food | <input type="checkbox"/> Watch a movie |
| <input type="checkbox"/> Make a scrapbook | <input type="checkbox"/> Make a video |
| <input type="checkbox"/> Do homework | <input type="checkbox"/> Read a joke book |
| <input type="checkbox"/> Recite a song | <input type="checkbox"/> Listen/watch a comedy routine |
| <input type="checkbox"/> Count as high as you can | <input type="checkbox"/> Read funny greeting cards |
| <input type="checkbox"/> Squeeze a stress ball | <input type="checkbox"/> Count/name the colors you see |
| <input type="checkbox"/> Lift weights | <input type="checkbox"/> Blow bubbles |
| <input type="checkbox"/> Go for a run | <input type="checkbox"/> Take photographs |
| <input type="checkbox"/> Nature-watch | <input type="checkbox"/> Paint |
| <input type="checkbox"/> Interact with animals | <input type="checkbox"/> Call a crisis line |
| <input type="checkbox"/> Look at funny memes online | <input type="checkbox"/> Play a game on your phone |
| <input type="checkbox"/> Write a poem/short story/play | <input type="checkbox"/> Look up new Apps |
| <input type="checkbox"/> Make list of 10 places you want to go | <input type="checkbox"/> Change your hair color |
| <input type="checkbox"/> Learn words to a new language | <input type="checkbox"/> Name all the sounds you can hear |
| <input type="checkbox"/> Send a thank you letter/card/email | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Do a crossword/word search puzzle | <input type="checkbox"/> Other: |
| | <input type="checkbox"/> Other: |

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PAUSE:

Write down your top 6 Distraction Strategies:

1.

2.

3.

4.

5.

6.

Relaxation Strategies

Instructions: Check all of the relaxation strategies that you are willing to try.

- | | |
|---|--|
| <input type="checkbox"/> Light a scented candle | <input type="checkbox"/> Listen to soothing music |
| <input type="checkbox"/> Burn incense | <input type="checkbox"/> Play an instrument |
| <input type="checkbox"/> Observe nature around you | <input type="checkbox"/> Listen to a white noise machine |
| <input type="checkbox"/> Look at an art/photography book | <input type="checkbox"/> Spray a pleasant fragrance |
| <input type="checkbox"/> Sit at the beach/watch the waves | <input type="checkbox"/> Focus on sounds around you |
| <input type="checkbox"/> Star-gaze | <input type="checkbox"/> Put on perfumes/lotions |
| <input type="checkbox"/> Fix hair/nails/makeup | <input type="checkbox"/> Slowly eat a popsicle |
| <input type="checkbox"/> Samples flavors in an ice-cream shop | <input type="checkbox"/> Bake cookies/cake/bread |
| <input type="checkbox"/> Let ice melt in your mouth if it's hot outside | <input type="checkbox"/> Eat a dessert |
| <input type="checkbox"/> Touch something soft | <input type="checkbox"/> Eat chocolate |
| <input type="checkbox"/> Take a bubble bath | <input type="checkbox"/> Work on an art project |
| <input type="checkbox"/> Pet your dog/cat | <input type="checkbox"/> Drink tea/hot chocolate |
| <input type="checkbox"/> Soak your feet | <input type="checkbox"/> Get a massage |
| <input type="checkbox"/> Sit in a comfortable chair | <input type="checkbox"/> Listen to a visualization tape |
| <input type="checkbox"/> Practice deep breathing | <input type="checkbox"/> Take a warm/cool shower |
| <input type="checkbox"/> Hug/squeeze a pillow | <input type="checkbox"/> Put on a fuzzy shirt/
scarf/hat/slippers |
| <input type="checkbox"/> Listen to upbeat music | <input type="checkbox"/> Put a cold compress on your forehead |
| <input type="checkbox"/> Pray/meditate | <input type="checkbox"/> Hug someone you care about |
| <input type="checkbox"/> Slowly suck on a hard candy | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Buy/pick a single beautiful flower | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Look up beautiful places online | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Blow bubbles | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Listen to a recording of nature sounds | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Lie in/smell the grass | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Make a collage of pleasing images | <input type="checkbox"/> Other: |

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PAUSE:

Write down your top 6 Relaxation Strategies:

1.

2.

3.

4.

5.

6.

PAUSE:

Create a complete list of these skills available (i.e. on your phone, on a piece of paper/notecard).

You can get creative, write this list on paper and decorate it (i.e. draw, add stickers, make a poster on your computer, etc.) to keep visible in your room/home as a reminder of the tools you have!

Planning to Use Your Plan

Instructions: Write down 3 situations (i.e. before/after homework or a test, in between classes, during a time you might feel bored or frustrated) over the upcoming week when you anticipate it could be helpful to use your distraction and relaxation plans.

1.

2.

3.

Repeat this weekly!

TIP: re-evaluate your top 6 distraction and top 6 relaxation skills as needed and replace ones that don't work for you with new skills from the list.

Additional Community Resources

Student Health and Counseling Services

Contact the front desk to schedule a virtual initial consultation. (760)750-4915. For our 24/7 mental health crisis line, call the main Number (above) and dial 9. You may be placed on a brief hold.

Mindfulness Mondays 3-4pm

Contact Dr. Juan Alvarez for Zoom information at jalvarez@csusm.edu

Creating Emotional Balance – Self-Guided

Contact Kristina Mendez, M.S. at kmendez@csusm.edu to set up a wellness consult to learn how to use the self-guided manual.

Low Fee Off Campus Online Group Therapy

"Coronavirus Drop-in Support Group" Wednesdays 4pm

Fee: Pay-what-you-can (\$2-\$60 per session)

If interested, contact Coastal Therapy Group's Care Coordinator to learn more or schedule a pre-group meeting with the relevant group leader:

Ally Wagner - Coastal Therapy Group Care Coordinator

(760) 334-6262 info@coastaltherapygroup.com.