

Distraction Exercises Social Media Bundles

WHY DISTRACTIONS?



When we're feeling **anxious**, we can often get stuck on **worrying thoughts and upsetting emotions**. Finding ways to **distract ourselves** and **get active** can be a great way to **disrupt** these patterns and focus on more **positive things**.

To find out more:
jack.org/covid

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TRY SOMETHING NEW



Jumping into the things that bring us joy can be a great distraction to help us take our mind off anything that might be causing us to feel anxious.

Not all of these activities will work for everyone – but you can swap those out with your own ideas of what can help you actively distract yourself!

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HAVE YOU THOUGHT ABOUT:

- Starting an art project
- Trying a new TV series
- Going for a (physically distant) walk or run
- Fixing up your space
- Starting a new book or re-reading your favourites
- Trying an online exercise class
- Listening to music
- Playing card games
- Cooking or baking
- Taking a shower or bath
- Trying some DIY activities from YouTube
- Listening to a podcast or audiobook
- Calling a friend or family member
- Playing a game with friends on-line
- Trying creative writing
- Going fishing
- Dancing
- Other ideas? Try them out!

A BETTER HEADSPACE!

We all get caught up in our thoughts. We might fixate on things that we'd rather not. Give yourself a break to get into a better headspace!

- Go for a walk
- Take a nap
- Play a video game
- Read a book
- Do your homework



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PHYSICAL ACTIVITY

Physical activity can be a great way to distract ourselves! Exercise can help our bodies process tense feelings while keeping our minds focused on the activity at hand.

Here are some easy exercise ideas:

- Go for a long walk
- Go for a run
- Do some push-ups every morning and evening before bed
- Have a long stretch in the morning
- Try yoga
- Find an exercise class on YouTube



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30-DAY SELF CARE CHALLENGE

#SelfCareChallenge

Take the 30-day Self-Care Challenge and find ways to take your mind off things that are causing you to feel anxious! If some of these don't work for you, swap them out for something that does.



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30-DAY SELF CARE CHALLENGE

DAY 1

Go for a walk

DAY 2

Do a 5-minute meditation

DAY 3

Clean your room

DAY 4

Take a nap

DAY 5

Play a video game

DAY 6

Start a new book

DAY 7

Listen to your favourite album

DAY 8

Enjoy your favourite hot beverage

DAY 9

Start an art project

DAY 10

Try a new TV show

DAY 11

Go for a run

DAY 12

Make your favourite meal

DAY 13

Eat breakfast in bed

DAY 14

Set up a video chat with a friend

DAY 15

Take a bath or shower

DAY 16

Start a meme collection

DAY 17

Have an in-door photoshoot in an outfit that makes you feel good

DAY 18

Try learning to knit

DAY 19

Make your favourite breakfast meal

DAY 20

Write a love letter to yourself

DAY 21

Make a zine, doodle or comic strip

DAY 22

Play a virtual board game with family

DAY 23

Do a mini work out

DAY 24

Go to bed early

DAY 25

Teach yourself to draw

DAY 26

Redecorate your bedroom

DAY 27

Write a piece of poetry

DAY 28

Watch a documentary

DAY 29

Write and mail a letter of appreciation to one of your friends

DAY 30

Bake your favourite dessert



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