

## 1 Take something fun for a spin.

Get creative with your distractions — try a new hobby, watch a marathon of animal videos or write a one-person play. Exercising your creativity or finding the humor in a difficult situation may even help you to regulate heightened emotions.

## 2 Pursue something practical.

Some people thrive off productive distractions. Consider tackling something that's been lingering on your to-do list: organize the bathroom closet, chip away at your email inbox or finesse your budget.

## 3 Channel the quiet.

There's no shame in tuning out the noise of news, social media or constantly being connected to family and friends. Set it down, let it go and soak in some silence. It will all be waiting for you when you're ready (we promise).



**The Mighty** is a safe, supportive community for people facing health challenges as well as the people who care for them. Connect with others who understand what you're going through on [themighty.com](https://themighty.com) or by downloading **The Mighty app**.