

Feelings	Possible distractions
<b>Anger &amp; Frustration</b>	<ul style="list-style-type: none"> <li>• Exercise,</li> <li>• hit cushions,</li> <li>• shout and dance,</li> <li>• shake,</li> <li>• bite on bunched up material,</li> <li>• tear something up into hundreds of pieces,</li> <li>• go for a run,</li> </ul> <p data-bbox="391 757 1442 817">*Expressing your anger physically, or by doing things like shouting, won't work for everyone and could intensify feelings. Try things out and continue with any that have a positive effect.</p>
<b>Sadness &amp; Fear</b>	<ul style="list-style-type: none"> <li>• wrap a blanket around you,</li> <li>• spend time with an animal,</li> <li>• walk in nature,</li> <li>• let yourself cry or sleep,</li> <li>• listen to soothing music,</li> <li>• tell someone how you feel,</li> <li>• massage your hands,</li> <li>• Breathing Exercise: breathe in, then breathe out slowly, making your out-breath longer than your in-breath. Repeat until you feel more relaxed.</li> </ul>
<b>Need to control</b>	<ul style="list-style-type: none"> <li>• write lists,</li> <li>• tidy up or have a throw-out,</li> <li>• write a letter saying everything you are feeling- then tear it up,</li> <li>• weed a garden,</li> <li>• clench then relax all your muscles</li> </ul>
<b>Numb and disconnected</b>	<ul style="list-style-type: none"> <li>• flick elastic bands on your wrists,</li> <li>• hold ice cubes,</li> <li>• smell something with strong odour,</li> <li>• have a very cold shower</li> </ul>
<b>Shame</b>	<ul style="list-style-type: none"> <li>• stop spending time with anyone who treats you unkindly.</li> <li>• recognise when you are trying to be perfect and accept that making mistakes is part of being human,</li> <li>• remind yourself that there are reasons for how you behave – it is not because you are 'bad'</li> </ul>
<b>Self-hatred (wanting to punish yourself)</b>	<ul style="list-style-type: none"> <li>• write a letter from the part of you that feels the self-hatred, then write back with as much compassion and acceptance as you can.</li> <li>• find creative ways to express the self-hatred, through writing songs or poetry, drawing, movement or singing.</li> <li>• do physical exercise (like running or going to the gym) to express the anger that is turned in on yourself.</li> </ul>