



Hope Recovery  
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## Things to Do For Distraction

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