

Distraction



Look for Something Specific

Look around your surroundings for one simple detail, such as a particular colour, shape, or type of object. Take your time.



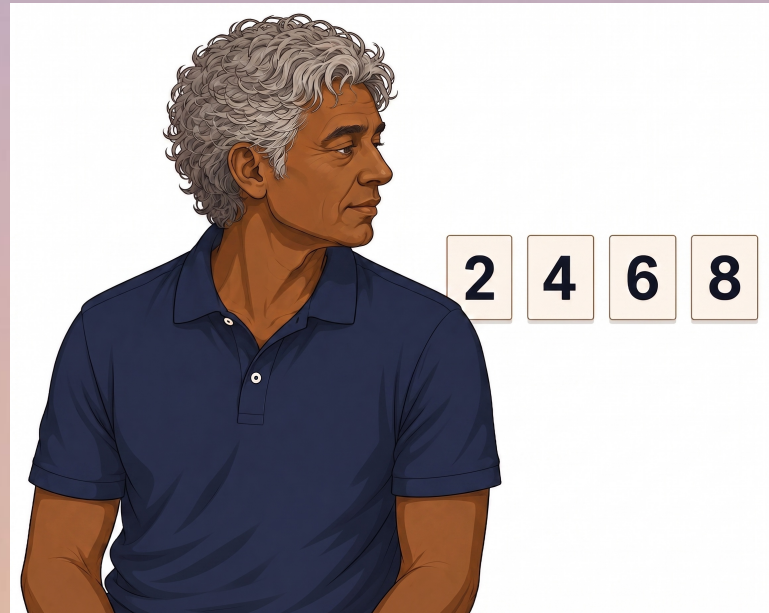
Sort a Few Familiar Items

Choose a small number of familiar items, such as papers, cards, photographs, or household objects, and arrange them in a simple way that makes sense to you.



Keep Your Hands Gently Busy

Use your hands for a simple, repetitive activity, such as folding a cloth, arranging a few objects, or tracing a shape with your finger.



Count in a Pattern

Count forward or backward using a familiar pattern, such as by 2s, 3s, or 5s, for a short time, then stop.