

# DISTRACTION



## Visual Search

Slowly scan your surroundings and look for a specific, neutral detail (such as straight lines, circles, or objects of a certain colour).



## Simple Sorting Task

Organize a small number of items (papers, objects, digital files) into a simple order without urgency or perfection.



## Neutral Hand Task

Engage your hands in a simple, repetitive activity such as folding paper, stacking objects, or tracing shapes on a surface.



## Counting with Variation

Count forward or backward by a chosen interval (for example, by 2s or 3s) for a short sequence, then stop.