

# A-Z of Distraction Techniques

**Alternative therapies:** massage, reiki, meditation, acupuncture, aromatherapy

**Bake or cook something tasty**

**Clean, tidy up, rearrange furniture**

**Craftwork:** make things, draw or paint

**Curl up under a blanket, watch a film or read a good book**

**Dance your socks off**

**Do something different— if you do not enjoy the activity you are doing change it**

**Eat sweets or chocolate for an instant sugar rush**

**Exercise for a release of endorphins and that feel-good factor**

**Forward planning – concentrate on something in the future, like a holiday**

**Go for a walk**

**Go online and look at websites that offer you advice and information**

**Hang out with friends and family**

**Have a bubble bath with some nice smelling bubbles**

**Have a good cry**

**Hug a soft toy**

**Invite a friend round**

**Join a gym or a club**

**Kindness— do something nice for someone else**

**Learn a new skill**

**Listen to music through headphones**

**Moisturise**

**Music:** singing, playing instruments, listening to (basically making as much noise as you can)

**Open up to a friend or family member about how you are feeling**

**Pop bubble wrap**

**Phone a helpline or a friend**

**Play computer games**

**Play with a stress ball or make one yourself**

**Read a book**

**Scream into an empty room or pillow**

**Squeeze ice**

**Stroke a pet**

**Talk to your friends, your pets or out loud to yourself.**

**Use the internet**

**Visit a zoo or a farm—animals work wonders**

**Volunteer for an organisation (will make you feel all warm inside)**

**Watch TV or films that you really enjoy or try something new**

**Write: diary, poems, a book**

**Write negative feelings on paper, then rip them up**

**Yoga: meditation, deep breathing – this might help you relax and control your urges**

**Youtube: watch vloggers, series, funny cat videos... the list is endless**

**Zzz – get a good night's sleep**

# 50 Distraction Techniques For People With Depression

**L Darling-Hammond**



## **50 Distraction Techniques For People With Depression:**

## Unveiling the Magic of Words: A Report on "**50 Distraction Techniques For People With Depression**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**50 Distraction Techniques For People With Depression**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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THE GLASS MENAGERIE, [MUSIC: 'THE GLASS MENAGERIE' UNDER FAINTLY. Lightly.] Not one gentleman ... [MUSIC: 'THE GLASS MENAGERIE'. He stretches out his hand.] Oh, be careful - if ... The Glass Menagerie book script of the play. [SCREEN LEGEND: 'OÙ SONT LES NEIGES."] There was young Champ Laughlin who later became vice-president of the Delta Planters. Bank. The Glass Menagerie - Tennessee Williams (AMANDA exits through living-room curtains. TOM is left with LAURA. He stares at her stupidly for a moment. Then he crosses to shelf holding glass menagerie. The Glass Menagerie Amanda Wingfield is a faded, tragic remnant of Southern gentility who lives in poverty in a dingy St. Louis apartment with her son, Tom, and her daughter, ... The Glass Menagerie When Amanda convinces Tom to bring home from his workplace a "gentleman caller" for Laura, the illusions that Tom, Amanda, and Laura have each created in order ... The Glass Menagerie Text Scene 1: The Wingfield apartment is in the rear of the building, one of those vast hive-like conglomerations of cellular living-units that flower as. Tennessee Williams - The Glass Menagerie (Scene 3) LEGEND ON SCREEN: 'AFTER THE FIASCO' [TOM speaks from the fire-escape landing.] TOM: After the fiasco at Rubicam's Business College, the idea of getting a ... "The Glass Menagerie," Scene One and Scene Two, by ... 41 Scene 1. 352 The Wingfield apartment is in the rear of the building, one of those vast hive-like conglomerations of cellular living-units that flower as ... Tennessee Williams - The Glass Menagerie (Scene 7) A moment after the curtain rises, the lights in both rooms flicker and go out.] JIM: Hey, there, Mr Light Bulb ! [AMANDA laughs nervously. LEGEND: 'SUSPENSION ... The Glass Menagerie: Acting Edition: Tennessee Williams A new introduction by the editor of The Tennessee Williams Annual Review, Robert Bray, reappraises the play more than half a century after it won the New York ... The Dictionary of Historical and Comparative Linguistics More than just a dictionary, this book provides genuine linguistic examples of most of the terms entered, detailed explanations of fundamental concepts, ... Dictionary of Historical and Comparative Linguistics The first dictionary devoted to historical linguistics, the oldest scholarly branch of the discipline, this book fills a need. Most terms, laws, techniques, ... The Dictionary of Historical and Comparative Linguistics With nearly 2400 entries, this dictionary covers every aspect of the subject, from the most venerable work to the exciting advances of the last few years, ... The Dictionary of Historical and Comparative Linguistics by RL Trask · 2000 · Cited by 374 — More than just a dictionary, this book provides genuine linguistic examples of most of the terms entered, detailed explanations of fundamental ... Book notice: "The dictionary of historical and ... - John Benjamins by W Abraham · 2002 — Book notice: "The dictionary of historical and comparative linguistics" by R. L. Trask. Author(s): Werner Abraham 1. The Dictionary of Historical and Comparative Linguistics With nearly 2400 entries, this dictionary covers every aspect of historical linguistics, from the most venerable work to the exciting advances of the late 20th ... Book notice: "The dictionary of historical and comparative ... Book notice: "The dictionary of historical and comparative linguistics" by R. L. Trask. Werner Abraham | Universities of Groningen/NL, and Berkeley/CA. The dictionary of historical and comparative

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