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The Distraction Toolkit

What to put in a distraction toolbox?

It's recommended to have a range of sensory things and something to focus your mind on. You could include something to smell, something to touch, something to look at and maybe even something to taste.





Example 1: Playdough, postcard/photograph from a happy memory, lavender for relaxation, my go-to playlist and a sour sweet.

Example 2: Stress ball, photograph of relaxing landscape, scented candle, audio book, herbal tea with some of my favourite chocolate.







Mind of the Student is a charity registered in England and Wales (1165035). Registered office: 3rd Floor, 86-90 Paul Street, London, EC2A 4NE, United Kingdom. For all general correspondence, please email enquiries@mindofthestudent.org.uk.

Touch

Visual





Smell

Sound

Taste

Location of Distraction Toolkit:



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