

# 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.





Touch

Visual



Smell

Sound

Taste

Location of Distraction Toolkit:

