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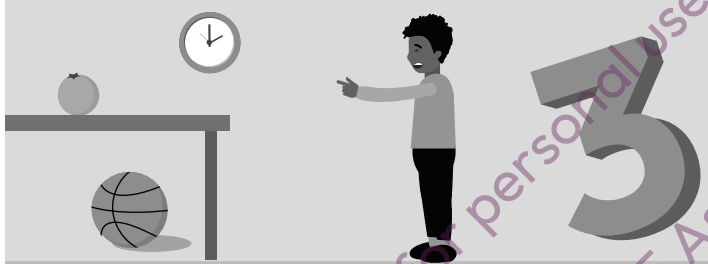
Our strategies for managing distractions



See, hear, move



When we're distracted, looking for three things of the same colour or shape, listening for three sounds and moving three body parts, can help us to focus again.



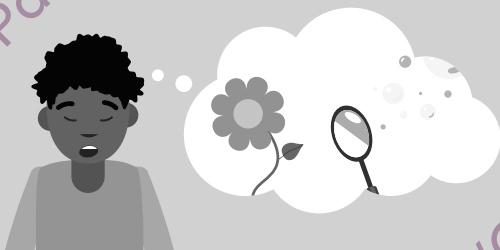
Watching thoughts

When we're distracted by thoughts, imagining them as balloons or as leaves on a stream that float away, can help us to let them go. We can also imagine them as pop-up adverts that we close.



Taking a few slow breaths

Taking four to six slow breaths can help us feel calmer when we're distracted by strong emotions, such as excitement: breathing in as though we're smelling a flower and breathing out as though we're gently blowing bubbles.



Remembering why the task or activity matters

When we're distracted, reminding ourselves of reasons why the task or activity is important to us can help us to focus on it.



Choosing to be in quieter places or with people who are less distracting



Changing the space around us to make it less distracting

For example, by putting toys away or turning off the TV.



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