

# HeadFIT

## Distraction Techniques

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People often think being distracted is a bad thing. When it comes to your mental fitness, distraction can be a really useful technique to consider. When your mind gets stuck in a negative rut, when you feel really locked in with thought patterns that aren't helping you - they might be anxious or angry or just sad - sometimes choosing to distract yourself for just 10 or 15 minutes can be the thing to get you out of one mood and into another. It's like course correcting. You're getting yourself back on track. Distracting yourself with something that's really absorbing. It forces you to think about something else, and it gives you a break from overthinking.

Distraction isn't always a long term solution to a problem. It may be that you need to talk to someone to work things through, but in the short term, distraction can work really well. And it may be that ten minute break is just enough to shift you into a more positive mindset.

Have a think about things you enjoy that you could do for 10 or 15 minutes as and when needed. To be properly distracted, you do need to be completely absorbed. So what could that be for you? Going for a run? Reading a book or watching TV? Maybe talking to a friend. It doesn't matter what it is. Just try and distract yourself into a new and better state of mind.