

## **Stimulation Reduction Ideas**

- Meditate, stretch, or practice yoga
- Do relaxation/breathing exercises
- Set up a regular exercise routine
- Take a warm bath
- Apply cold packs to areas that itch or burn
- Get a massage
- Listen to a favorite calming piece of music
- Find a relaxing and engrossing hobby
- Give yourself a manicure or pedicure
- Take a nap

## **Distraction Ideas**

- Play an engaging video game that requires the use of both hands
- Get involved in an interesting hobby
- Play a musical instrument
- Watch a video (with some precautions)
- Go for a walk or go jogging
- Exercise or play a sport
- Cook
- Garden
- Go shopping