

What is distraction?

Distraction means shifting or moving your attention away. It does not mean that the pain is no longer there. It just means that you use your brain to focus your attention onto something else. You can put your pain in the background and focus instead on playing games, counting, using breathing techniques and many other activities. One of the things that you can do to limit the amount of time you spend worrying about or being afraid of pain, is to use distraction.

What are some distraction techniques I can use?

Listed below are some distraction techniques that you can try. It is important to try these techniques a few times to see what works for you. At the start, it can be difficult to practise these techniques when you have spikes or a high pain level, as your ability to concentrate may be less. So it is a good idea to practise the techniques you like when your pain is not present or when it is manageable.

Instruction

Listed below are some distraction techniques you can use. Click each box to learn more about the technique.

How can I design a distraction plan?

Techniques that you use throughout the day may change due to the environment, type of pain you have, and the people that are around you. For example, if you are in a classroom, at the shops, or at the movies, you might want to use techniques that are not disruptive to others. If you are at home, you might listen to music, use the stress ball, do a puzzle, or blow bubbles. If the people around you understand you have chronic pain, then you could also involve them in a distraction technique. Together you could go for a walk and have a chat, listen to your ipod, or make a model.

List below the distraction techniques you might like to use and have a think about the best place to use them.

Upgrading or increasing your level of physical activity can be challenging and sometimes stressful. It is your choice, but sometimes family or friends can keep you company, lend support and help you celebrate. Monitor your feelings and emotions and consider extra help when you need it.

List below the distraction techniques you might like to use and have a think about the best place to use them.