

How do you stay distracted?

Posted by The Boxer - 28 Jan 2023 20:18

Looking for ways to distract myself in a healthy way.

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Re: How do you stay distracted?

Posted by Icanbreakfree - 29 Jan 2023 02:13

If you are ever short on ideas for distractions, here are a few suggestions:

- Go for a walk outside - and leave your phone behind.
- Call a friend or family member just to chat -- connecting with other people provides mental and emotional stimulation and automatically improves your mood.
- Play a challenging game that will fully occupy your mind
- Prepare your favorite meal
- Take some time to exercise (the more intense, the better)
- Write your thoughts and feelings in a journal
- Listen to a shiur a podcast, music, or the radio
- Watch funny or inspirational clips
- Go for a drive
- Engage in a hobby like playing an instrument, or work on a personal project
- Do some errands or household chores
- Learn a new skill or language

And last but not least, you can get engrossed in a sugya that you find interesting, as Chazal say ?? ??? ?? ????? ?? ????? ????? ????? (if the yetzer hara encounters you, pull him into the study hall and it will melt).

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Re: How do you stay distracted?

Posted by Icanbreakfree - 29 Jan 2023 02:17

thats an excerpt from

'DISTRACT', one of the 'ESCAPE STRATEGIES' in the 'TOOLBOX'

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Re: How do you stay distracted?

Posted by neumannn - 10 Jul 2023 21:11

Personally, I think a great way to be distracted is learning a difficult perek of gemoro and charting everything out on paper- old school yeshiva style. By the time I'm usually done even analyzing a mishna, I forget about what I was so triggered by before.

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