

# Alternative Comfort Activities Check List

The following list suggests activities that you can do on your own or with a staff member. Sometimes these activities can help you relax or bring you comfort during difficult moments. As you try the different activities, go through the list and check them off. Then fill in the table below to remember which activities were more helpful for you.

Activities I found helpful	Activities I found less helpful

## Arts and entertainment

- Draw, paint, collage or sculpt
- Make a puzzle
- Watch TV or a movie



## Environmental

- Spend quiet time in your room, or schedule daily naps/rest periods
- Spend time in a comfort room
- Spend time in the chapel, worship room or library



## Movement

- Engage in physical activity at a level recommended by the treatment team
- Go for a walk on hospital grounds (must have privileges)
- Get a book from the library
- Walk in the halls
- Clean your room or do chores



## Reading and Writing

- Write in your journal
- Read a book, magazine or newspaper



## Relaxation, meditation and spirituality

- Engage in spiritual practices, such as prayer, meditation or religious reflection
- Practice relaxation and breathing exercises, or meditation



## Sensory stimulus

- Have a warm or cold shower
- Listen to relaxing music
- Use ice or a cold face cloth on your body
- Use a weighted blanket
- Play with a stress ball
- Massage your hands with preferred essential oils or creams



## Supportive conversations/engagements

- Create a safety plan with your clinician
- Talk to a clinician, peer support worker, spiritual care worker
- Sit with a clinician, peer support worker, spiritual care worker
- Walk with a clinician, peer support worker, spiritual care worker
- Call a friend or family member for calming support
- Discuss ways to reduce smoking and nicotine cravings, such as nicotine replacement therapy



## Social

- Participate in group activities or therapeutic group sessions
- Play cards, board games or video games



