*Stress Management Training S7a*

*Session Seven*

*Aids to Positive Thinking*

The Stop Technique

When you have a negative thought, take a deep breath, shout STOP in your mind and think very hard about something else. This is especially useful if the negative thoughts are repetitive worrying about a situation. Repeat as often as necessary.

Change Your Body Position

When you have a negative thought, change the way you are sitting, standing and breathing. Unclench your fists, drop your shoulders, relax your jaw, take a deep breath. This helps positive thoughts to follow.

Present Awareness

Bring yourself into the present. Overcome your negative thoughts about the past or the future by looking around the room and saying out loud what you see, or hear or smell. Spend a minute or two saying sentences which begin with "Now I am aware of...".

Exaggerate the Problem

Think of all the worse things that could have happened but didn't.

Paradoxical Intention

If you are nervous about a situation, exaggerate the nervousness in your mind. Instead of trying to suppress your nervousness - exaggerate it.

Cue Cards

Take three positive thoughts about yourself and write them down. Put them in places where you will see them often. When you see them read them out loud.

Look in the Mirror and Smile