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| Calm down the body | Use optimistic thinking | Use positive self-talk |
| * Do some exercise or a physical activity * Breathe slowly and deeply until I feel more in control * Take time to think clearly and walk away so I can work things out * Listen to music * Play with my pet till I feel calmer * Keep myself busy with another task | * Bad times don’t last – expect things to get better * Expect that good things are more likely to happen than bad * Think of happy memories * Take credit for my own successes no matter how small * Be grateful (thankful) for all the good things in my life * Look for small good bits in the bad things that happen * Stay hopeful in unhappy times * Work hard and make my own luck | * Accept that everyone makes mistakes – it’s normal * Think about the funny or good bits in the problem * Accept that unhappy or bad things happen to everyone * Accept the things I can’t change in the problem or situation * Understand if something bad happens once, it might not ever happen again * Accept that sometimes I need to talk to others to get the facts right * Work out the likelihood of something really happening |