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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
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