



TM

See how easy it is to say positive things! Can you think of any times when changing your thoughts would have made you feel better?

Practice using positive thoughts and write down some of your favourite positive thoughts.



What skills I will use.



Write in the skill(s) you plan to use if you:

can't sleep _____

feel worried _____

feel bored _____

feel sore _____

feel sick _____

have to have a test or procedure _____



calm breathing



busy brainwaves



muscle relaxation



positive self-talk



mind pictures