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Describe your environment in detail using your senses.

What can you smell, touch, taste, see and hear?

Play a “categories” game with yourself.

Describe an everyday activity in great detail

Imagine.

Use all of your senses (sight, taste, touch, sound and smell) to create a pleasant or comforting image in your mind.



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Read something,
saying each word to
yourself.

OR

Read each letter
backwards. Focus on
the letters and not
the meaning of
words.

Use humor.

Think of something
funny, tell a joke, or
watch something
funny.

Count to 10 very
slowly.

Add numbers and/or
repeat as many times
as needed.

Say the alphabet
very slowly.

Repeat as many
times as needed.