5 Cognitive Behavioral Activities

1. Mindfulness meditation
   Take a moment to firmly ground yourself in the present.

2. Successive approximation
   Break up large tasks into small steps to make it easier to accomplish.

3. Writing self-statements to counteract negative thoughts
   Write down the complete opposite of your automatic, negative thoughts.

4. Visualise the best parts of your day
   Bring to mind all the positive things that you experienced today.

5. Reframe your negative thoughts
   Shift your focus from the negative to the positive.

OR