

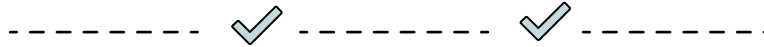
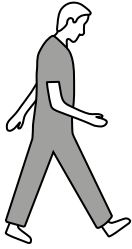
1. Mindfulness meditation

Take a moment to firmly ground yourself in the present.



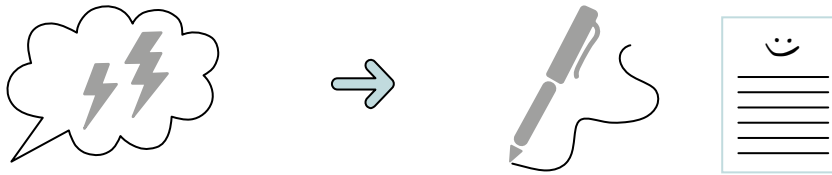
2. Successive approximation

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.

