

## Little Quick Fixes

When you find your mind full of so many unwanted thoughts, try these little quick fixes.

1. Do a relaxing activity Adult colouring books are a great way to lose yourself in choosing colours to fill in the intricate patterns.
2. Imagine yourself lying outside on a warm day with a gentle breeze blowing. Look up at the fluffy white clouds drifting across the sky. These clouds are just like thoughts. As thoughts enter your mind, just notice them and let them drift away, just like the clouds.
3. Imagine your unwanted thoughts as stones in a rucksack. The rucksack is heavy to carry around. If you open the rucksack and remove some of the stones, the rucksack becomes lighter. Imagine a lighter rucksack on your back.
4. Count from 1 to 100. If the thoughts keep on intruding try, counting backwards.
5. Think of as many flowers as you can, start with the letter A right through to Z. Flowers can be replaced by any of your favourite things. For example: cars, countries, animals, places, etc.
6. Breathe

Breathe in for as long as it takes to read this line

Breathe out for as long as it takes to read this line.