

Thought Stopping cognitive control

- . Say the word "STOP" loudly in your mind. You can combine this with a small pinch/flick at the same time.
- . Breathe in deeply through your nose, push the air down deep into your tummy, breathe out through your mouth.
- . Visualize yourself gathering up the negative thoughts (and emotions) and blowing them out with your breath. Say to yourself: "Blow it away" or "Let it go"
- . Say an affirmation to yourself loudly in your mind: "I know this, I got this", "I can relax", "I can calm down".