

“IMPROVE”:

Imagery — Recall a relaxing scene. Imagine your “safe place.”

Meaning — Find or create some purpose, value or meaning of the pain.
Focus on what can be learned form the pain.

Prayer — Open your heart to “Higher Power”, Higher Wisdom or your own wise mind. Turn things over.

Relaxation — Listen to soft music, breathe, meditate, stretch, do progressive relaxation — half-smile.

One thing at a time — Focus all of your attention on what you are doing in the moment.
Keep yourself in the moment.

Vacations — Take a defined time-out. Take a 20 minute nap, a night at the beach, have a cup of tea, or read.

Encouragement — Cheer-lead yourself. Repeat to yourself “I can do it!”, “This too shall pass”,
and “I am doing the best I can do.”
