“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 from 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.”