to sort out your head
(kind mind)

kind mind

What do you need right now to feel safe and reassured?

**Choose a kind thought that soothes your mind.
Either one you think of or one of the following:**

This will pass.
I can do this.
I'll get through this.
I can cope.
Take it easy. Take your time.
It's OK. It will be OK.

Write it down.

Repeat it.

Make it into something to carry with you.
A note to keep in your purse or wallet,
an object or symbol to keep in your pocket.

I CAN COPE

kind mind

Making peace with the situation

When your thoughts are all over the place and your feelings in turmoil,
it helps to make some choices about what you might do instead.

**If your thoughts move you towards blaming or complaining,
it's important to consider two things.**

1 Often when you blame or complain, you're doing it to make you
feel better than the other person.

2 Blaming and complaining wear you down and build tension.
Finding another approach will shift your thinking and enable you
to move on.

STOP

START

BLAMING

START
considering what this situation has taught
you. Acknowledge some responsibility.
Reflect on what you have learned to prevent
repeat mistakes.

COMPLAINING

START
identifying what good might come from this
situation. What could you be grateful for
from this situation? Get clear on what you
appreciate from what has happened.
Put that into words. Write it down.

kind mind

**When a voice in your head is being constantly critical,
it's time for you to take over.
It's time for a conversation with yourself
that follows these steps:**

Acknowledge to yourself

This moment is tough for me.
Tough times are part of life.
This will pass.
I'm choosing to be kind to myself in this moment.
To give myself the care I need.

Address the voice in your head politely but firmly
(as if you are being a kind parent to yourself).

Thank you for alerting me to this.
I know you are worried
but talking to me like this isn't helping me.
Instead, I'm choosing to focus my attention on … …

Keep your focus on what makes you feel brighter and think more helpful thoughts.