

IMPROVE The Moment

These skills help us to think about difficult situations differently so we can decrease unpleasant emotions and get through the situation effectively.

IMAGERY:

Use imagery to briefly escape the situation.



MEANING:

Find meaning in the difficult situation.

POSITIVE THINKING:

Focus on any positive aspects of the situation.



RELAXATION:

Do something that you find relaxing.

ONE THING AT A TIME:

Focus on this present moment to avoid the snowball effect.

VACATION:

Take a short break from the distressing situation.



ENCOURAGEMENT:

Encourage yourself to get through the difficult situation.

