Write down 3 good things you have achieved today

Engage all your senses with an activity that you are doing

Use problem solving to help you find solutions to a problem

When you experience negative thoughts identify thinking errors

Write down your thoughts and feelings in a diary

Practice some mindfulness and try to be present with what you are doing

Challenge unhelpful thoughts using a diary

Deep breathing is great for reducing physiological and psychological arousal

Assess your emotions using a simple body scan technique and asking yourself “How am I feeling?”