The Royal Free Hospital Children's School











'Positive memories' Imagine all your best times, close your eyes and visualise them playing on a screen









After sorting out a small problem we nearly always feel better



'Right here right now'

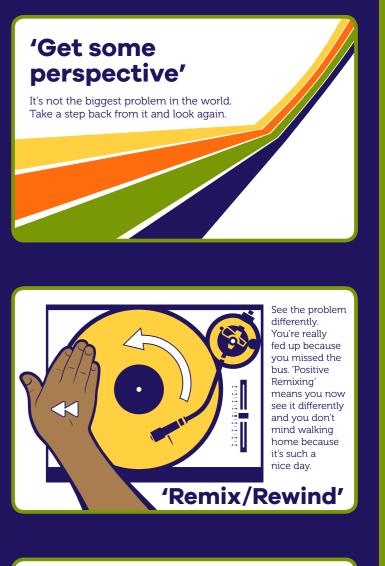
Don't spend all your time worrying about the past or the future. Live in the present.

'Grow your optimism'

If we usually expect things to improve then we are more likely to maintain our mental strength until things actually do improve



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'Talk yourself up'

We can usually find ways to 'talk ourselves up' - even when we feel down or the going gets really tough



