



5 Thought Exercises to Show Your Brain Who is in Charge

The next time your thoughts are giving you the run-around, take charge in a new way. Try one of these five exercises to combat feelings of stress or overwhelm and see how it helps:

1. Say "Stop" Aloud
2. Imagine the Opposite
3. Use Guided Imagery
4. Express Gratitude
5. Put Those Thoughts "On Trial"

Computers And Thought Exercises On Cd

ML Morrison



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