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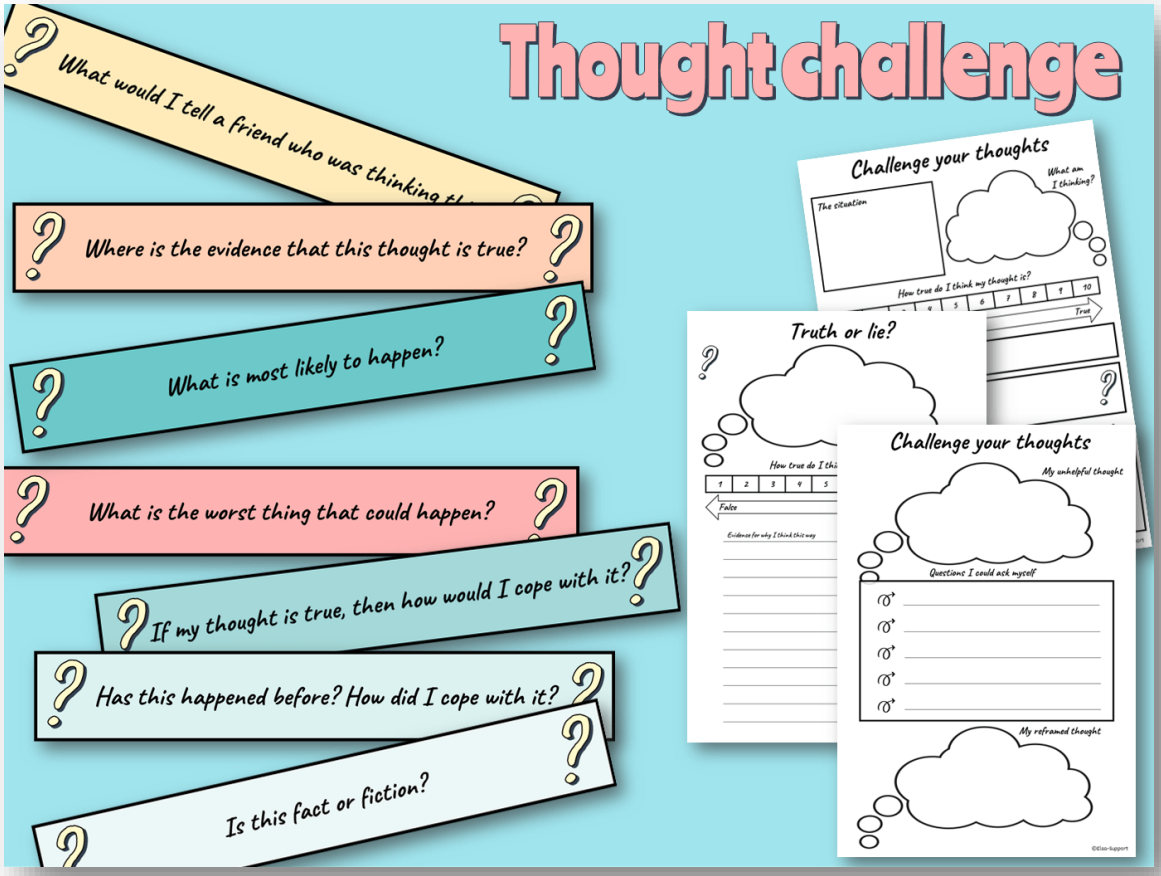

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Letting your thoughts float away...

Identify the thought

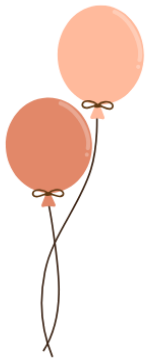
Write down an negative thought you've had recently. Don't judge it—just notice it.

.....

.....

Choose a visualisation

Imagine your thought as one of the following:



- A cloud drifting across the sky
- A leaf floating down from a tree
- A balloon rising into the sky

Draw it

In the space below, sketch your thought as one of these images. Imagine it floating away as you draw.

Repeat a calming phrase

- This thought is not permanent.
- It will pass, just like a cloud.
- I can let this go.

Refocus on the present moment

Take three deep breaths and notice something in your surroundings.

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