

MY COPING TOOLBOX

The Magic TV Remote

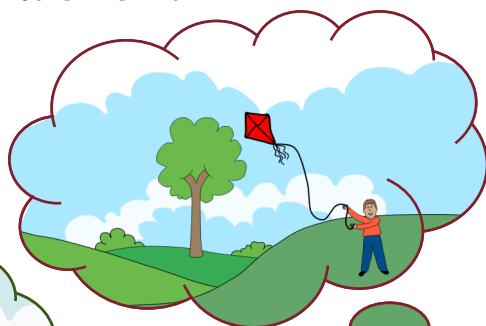
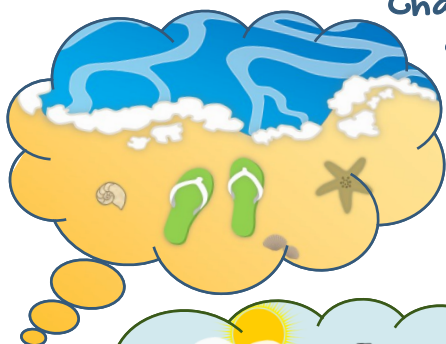
Using your imagination to create happy and calming thoughts can help you during difficult times.

Close your eyes and pick up your magic TV remote...

Visualise the tv channels below:



Channel 1:
at the beach



Channel 2:
at the park



Channel 3:
on a mountain top

Which channel will you choose today?

Watch one of the channels above or create your own, & click through the TV until you find the one that works for you.

Was this coping
tool helpful?

- 1  Very helpful for me
- 2 
- 3 
- 4 
- 5  A little helpful for me
- 6 
- 7 
- 8 
- 9 
- 10  Not helpful for me

Will I use this tool again?

Yes

No

Why?

If you said **yes**,
tear out the square,
& add it to your toolbox!

Visualise



Your Calm TV channel