

Types of Mental Activities

Focusing your attention outside yourself

- ◇ Counting floor/ceiling tiles
- ◇ Examining the construction of a piece of furniture
- ◇ Counting the number of red cars that pass by

Focusing attention on a train of thought

- ◇ Planning a to-do list
- ◇ Remembering the words to a song or prayer
- ◇ Performing mental arithmetic
- ◇ Imagining what you'd do with \$1 million dollars
- ◇ Planning a dream vacation

Focusing on sensations in your body

Note: - this technique is especially good when pain becomes too intense to focus away from it.

- ◇ Analyze your pain in an objective manner like you were writing a biology paper about it.
- ◇ Compare in detail the sensations you are now feeling with what you've experienced in the past.

Write Below Which Type of Mental Activities You Want to Try This Week:

Remember: Like relaxation, mental activities take practice before you will experience all their benefits.