



# MENTAL GAMES



During this time it can be easy to let your mind wander and get distracted. Mental Games help to reset your thoughts, and bring your attention back where it belongs (chores, on your schoolwork, family time, etc.)

- Mental Games are used as a quick strategy to take your mind away from counterproductive thoughts that interfere with focusing on the task at hand.

In order to be effective, Mental Games must:

1. Engage your full attention
2. Be challenging and fun
3. Be done within a few minutes

Examples of Mental Games:

- **Math games:** Count back from 1,000 by 7s.
- **Alphabet games:** Work your way through the alphabet, naming someone for each pair of initials (e.g., AB is Ashley Benson, BC is Bradley Cooper, CD is Cameron Diaz).
- **Categories games:** Identify a category like sports figures, teachers in your school and name as many as you can in two minutes.
- **Alphabet:** Repeat it backwards.
- **Lyrics:** Recite upbeat song lyrics.
- **Positive Imagery:** Create a detailed positive image of a positive memory that helps you to feel calm, confident or energized.

Add another Mental Game to the list!

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