



# THE RESILIENCE READER

## CHAPTER 11: MENTAL GAMES

Competency: Self- Regulation

### Mental Games

Used as a **quick** distraction from counterproductive (unhelpful) thoughts that are interfering with a task at hand (something you are about to do)

### Mental Games Must

Engage your **full attention**

Be **challenging** and **fun**

Be done within a **few minutes**

## Examples of Mental Games

**Math Games:** Count back from 1,000 by 7's

**Alphabet Games:** Work your way through the alphabet and name someone for each pair of initials.

**Categories Games:** Name all sports figures, teachers, etc. in 2 minutes

**Alphabet:** Say it backwards

**Lyrics:** Recite an upbeat song

**Positive Imagery:** Create a detailed positive image of a situation or memory that helps you to feel calm, positive, or confident.

What are some mental games you like to play?