

## Joint Health Command



## Optimal Thinking Tips

- ➔ Banish negative thoughts by visualising a STOP sign and saying forcefully: "Stop!" follow this exclamation with a positive saying such as: "I am capable, competent and in control!"
- ➔ Visualise success through use of visual rehearsal in your mind to successfully complete difficult tasks.
- ➔ Notice what IS happening not what you fear MIGHT happen.
- ➔ The more I do the more I believe I can do.
- ➔ Combat negative thoughts with positive.
- ➔ Hang on to your sense of humour; look for the ridiculous and incongruous rather than the tragic.
- ➔ Share your humour with others and revive their sense of fun.
- ➔ Set realistic goals.