

# persuasion Group

1. fun activities which give you a sense of enjoyment
  2. Ensure you set time aside for yourself
  3. Purposeful activities which give you a sense of worthwhileness
  4. Decide what you are going to do, when how, with who
  5. Do it regardless of, or in spite of, how you think or feel
  6. Ask yourself was it helpful, would you do it again
  7. Prioritise most urgent, most helpful, most effective
  8. Try to pay attention to something else
  9. Argue with your own belief to find a new or different belief
  10. Stay in touch with family and friends
  11. "it is as it is"
  12. Imagine a place you love
- A. play
  - B. Prepare
  - C. Care
  - D. accept
  - E. Achieve
  - F. Action
  - G. List
  - H. Distract
  - I. Challenge
  - J. Visualization
  - K. Notice
  - L. Connect