

Describe your environment in detail using your senses.

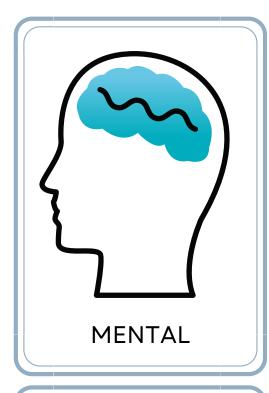
What can you smell, touch, taste, see and hear?

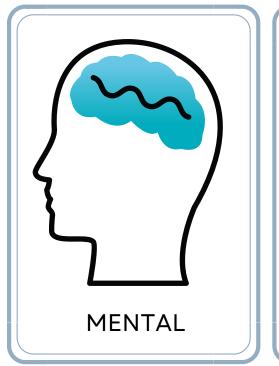
Play a "categories" game with yourself.

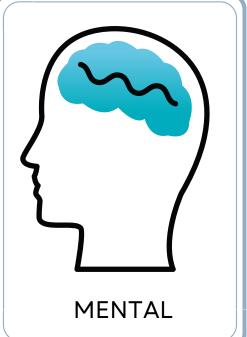
Describe an everyday activity in great detail

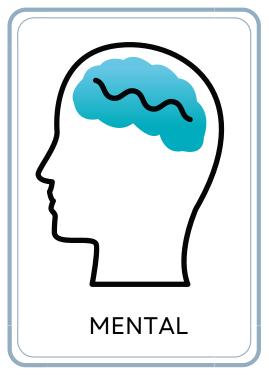
Imagine.

Use all of your senses (sight, taste, touch, sound and smell) to create a pleasant or comforting image in your mind.









Read something, saying each word to yourself.

OR

Read each letter backwards. Focus on the letters and not the meaning of words. Use humor.

Think of something funny, tell a joke, or watch something funny. Count to 10 very slowly.

Add numbers and/or repeat as many times as needed.

Say the alphabet very slowly.

Repeat as many times as needed.