

# Types of Mental Activities

## **Focusing your attention outside yourself**

- Counting floor/ceiling tiles
- Examining the construction of a piece of furniture
- Counting the number of red cars that pass by

## **Focusing attention on a train of thought**

- Planning a to-do list
- Remembering the words to a song or prayer
- Performing mental arithmetic
- Imagining what you'd do with \$1 million dollars
- Planning a dream vacation

## **Focusing on sensations in your body**

Note: - this technique is especially good when pain becomes too intense to focus away from it.

- Analyze your pain in an objective manner like you were writing a biology paper about it.
- Compare in detail the sensations you are now feeling with what you've experienced in the past.

## **Write Below Which Type of Mental Activities You Want to Try This Week:**

Remember: Like relaxation, mental activities take practice before you will experience all their benefits.