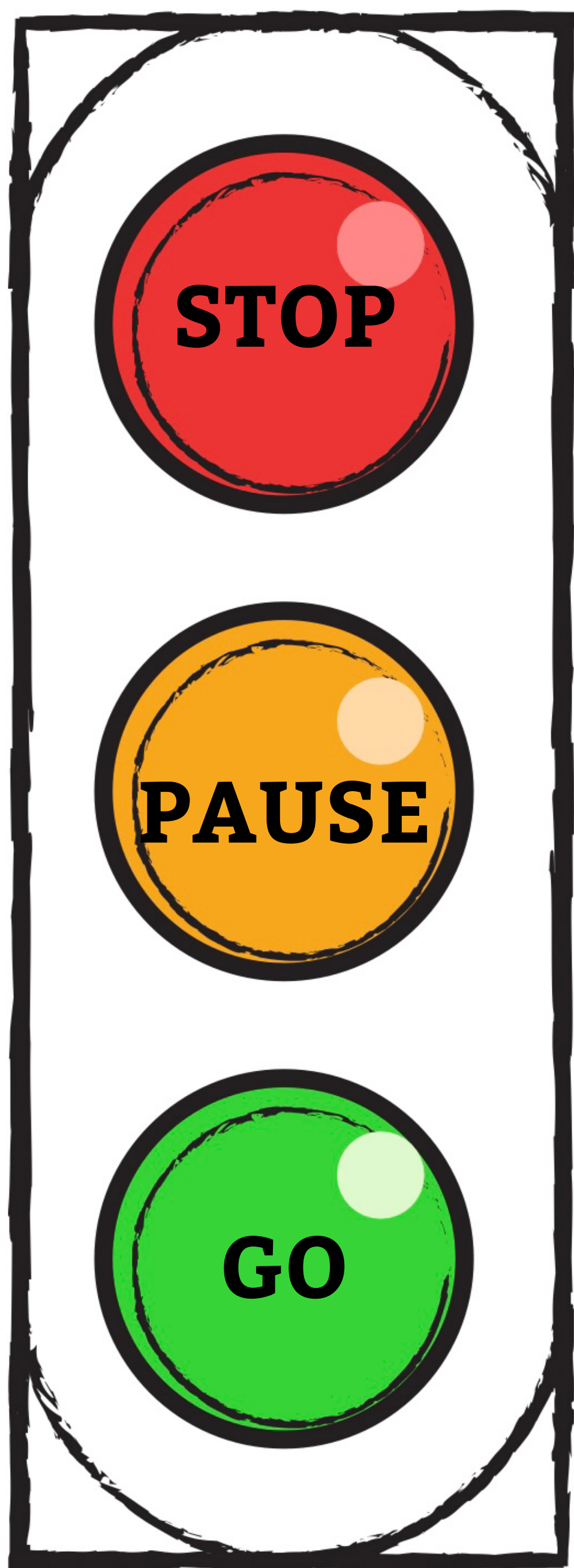


TraumaResearch UK's Traffic Light Technique

Change the course of those negative thoughts
by using this simple technique!



STOP!

Any intrusive, negative or worrying thoughts by accepting it is just that, a thought.

PAUSE

Take a deep breathe in through your nose, sigh and smile. Now visualise your happy place.

GO

Change your state. Do something completely different, stretch, dance, laugh and act on your positive intentions.