## Exercises to “Train the Brain” During the Day

### Patient Information

**When you notice pain, other distress, or negative thoughts, these are some ideas to help you reduce those symptoms.**

- Instead of reacting negatively to the symptoms, notice them with interest. For example, think “That’s interesting.”
- Accept them as happening right now but realize that this thought or sensation is caused by the brain and will pass.
- Distance yourself from the symptoms by talking to them. Say things like
  - “It is just a thought.”
  - “It is just a sensation.”
  - “There is that funny thing my brain does.”
- Tell yourself:
  - “I am here now, and I don’t need to do anything about it right now.”
  - “I’m okay and I will be fine.”
- Help yourself to let the thoughts or sensations go by:
  - Focusing on breathing for a few deep breaths.
  - Focusing on doing something else.
- Repeat as needed.

### Investigate the reasons for the symptoms.

Ask yourself:

- Is there an emotion involved such as fear, sadness, anger, or guilt?
  - Focus on feeling the emotion rather than the symptom.
  - Know it can’t harm you and is normal.
  - Breathe to release the emotion.
- Is there a stressful situation?
  - Deal with the situation if possible.
  - Recognize that some situations are unavoidable.
  - Breathe and use affirmations.
- Is there a trigger?
  - Use affirmations to reprogram triggers.
- Is this a habit? Is it a learned pathway?
  - Use affirmations to reprogram habits.