



# The BOX - a powerful mental health tool

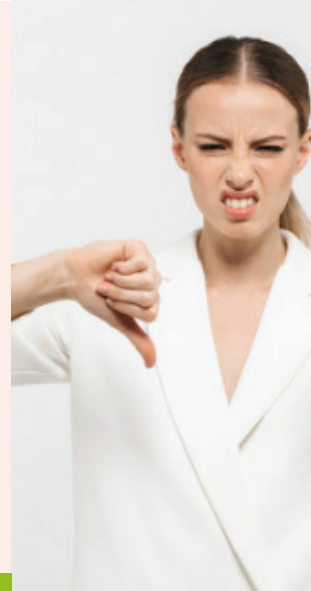
## Step 1

Choose to write in your phone or a journal



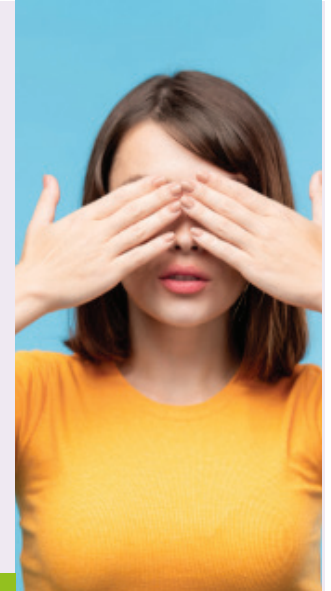
## Step 2

When a powerful negative thought arises, write it in the box.



## Step 3

Do not look at recorded thoughts during the week



## Step 4

Pick a day & time at the weekend e.g. Sunday for 20 minutes, open the box and look at the thoughts.



## Step 5

Divide them into junk and... **ignore these**

Keep an eye on... **monitor these**

Action... **take action on these**



## Step 6

Begin a new week with an empty box.

