

The Brain DJ: Change the Song in Your Mind

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Sometimes our brain gets stuck playing the same worry over and over—like a song on repeat. Imagine your brain is a DJ! When a worry song starts playing, you can choose a new song or activity to help your brain switch tracks.

1. *What worry song is your brain playing?*

Write or draw your worry song here:

2. *Pick a new song for your brain (choose or circle one!)*

■ Sing a silly song

■ Count backwards from 50

■ Name 5 animals

■ Do 10 jumping jacks

■ Find everything blue in the room

■ My own idea:

3. *How did your brain feel after you changed the song?*

Draw or write how your brain felt: