

Conquering Nightmares

1. Follow your "Tips for Great Night's Sleep" sheet.
2. **Before going to bed**, tell yourself to have pleasant dreams and think of something positive you would like to dream about.
3. If you wake up from a nightmare:
 - **Practice** your calming activities. Take slow, deep breaths, and tell yourself that you are safe.
 - **Go get some support** from your parent if you want/need some
 - **Come up with a happy ending** for the dream or come up with something else you want to dream about and think of that
 - **Get up** and get a drink of water and "shake" the nightmare out of your head
4. **Make a "dream catcher"** and hang it over your bed
5. **Wake** yourself up from the nightmare. You **CAN** do it. You can take power over the dream