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