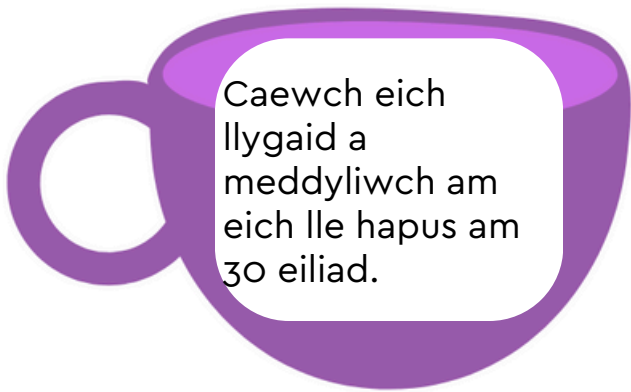


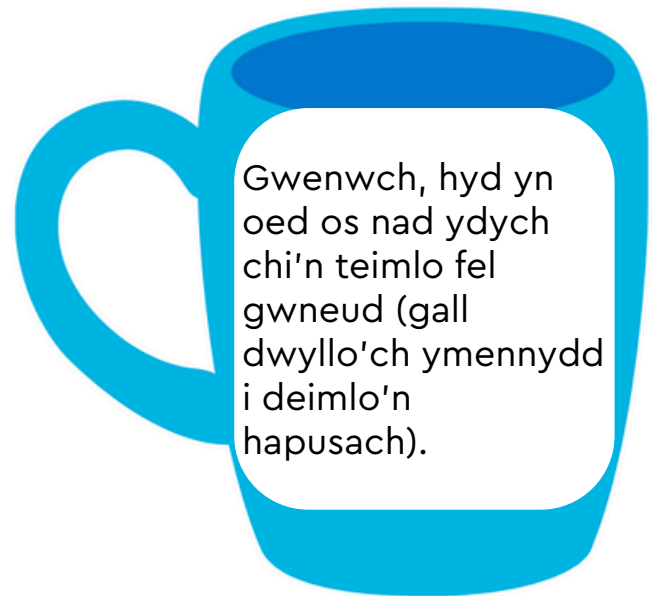
Cymerwch dair
anadl ddofn, gan
anadlu i mewn am
bedwar cyfrif ac
anadlu allan am
chwech.



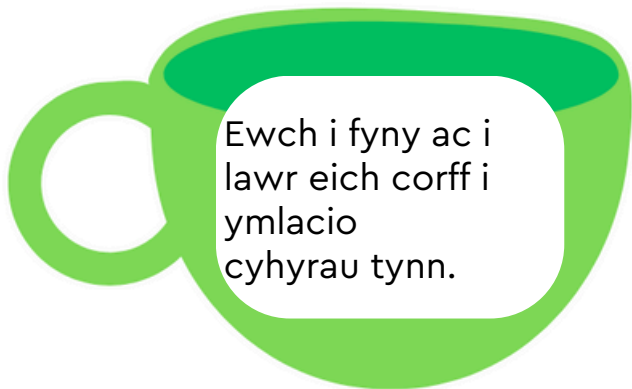
Diolchgarwch:
meddyliwch am
dri pheth rydych
chi'n ddiolchgar
amdanyn nhw.



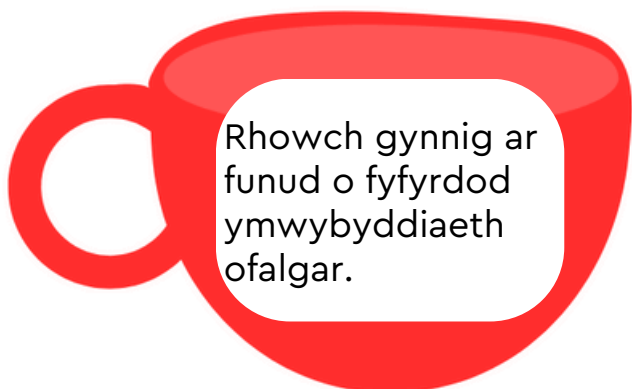
Caewch eich
llygaid a
meddyliwch am
eich lle hapus am
30 eiliad.



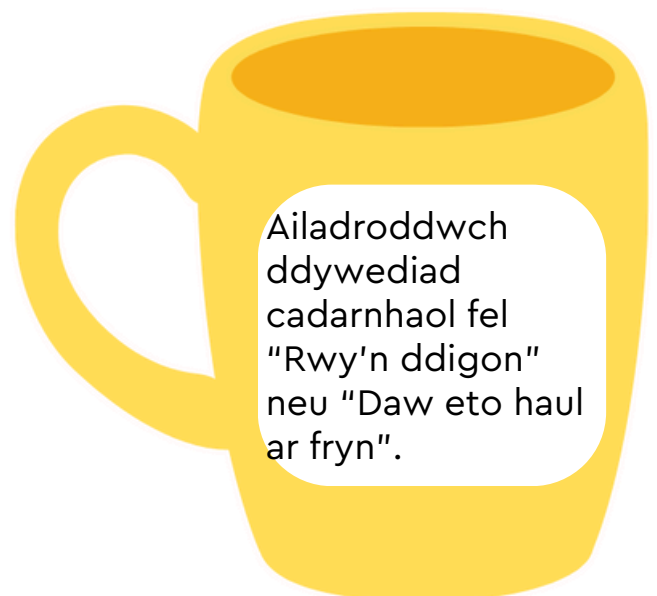
Gwenwch, hyd yn
oed os nad ydych
chi'n teimlo fel
gwneud (gall
dwyllo'ch ymennydd
i deimlo'n
hapusach).



Ewch i fyny ac i
lawr eich corff i
ymlacio
cyhyrau tynn.

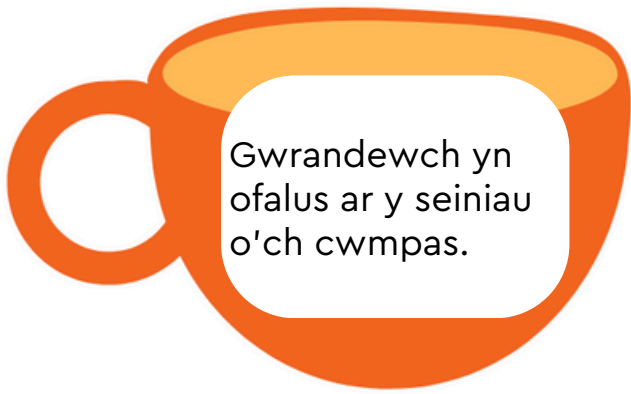


Rhowch gynnig ar
funud o fyfyrddod
ymwybyddiaeth
ofalgar.



Ailadroddwch
ddywedriad
cadarnhaol fel
"Rwy'n ddigon"
neu "Daw eto haul
ar fryn".





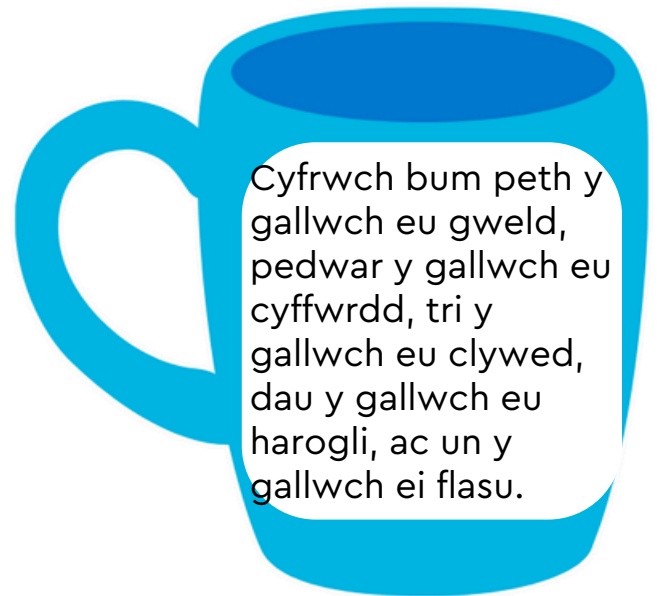
Gwrandewch yn ofalus ar y seiniau o'ch cwmpas.



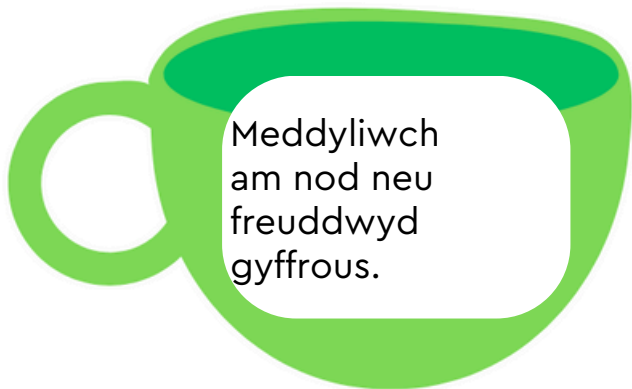
Canolbwyntiwch ar deimlad eich traed ar y ddaear i deimlo'n bresennol ac yn gysylltiedig â'r byd o'ch cwmpas.



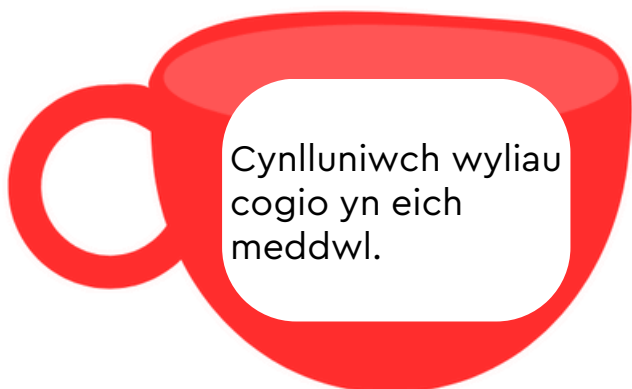
Focus on the sensation of your feet on the ground to feel grounded.



Cyfrwch bum peth y gallwch eu gweld, pedwar y gallwch eu cyffwrdd, tri y gallwch eu clywed, dau y gallwch eu harogli, ac un y gallwch ei flasau.



Meddyliwch am nod neu freuddwyd gyffrous.

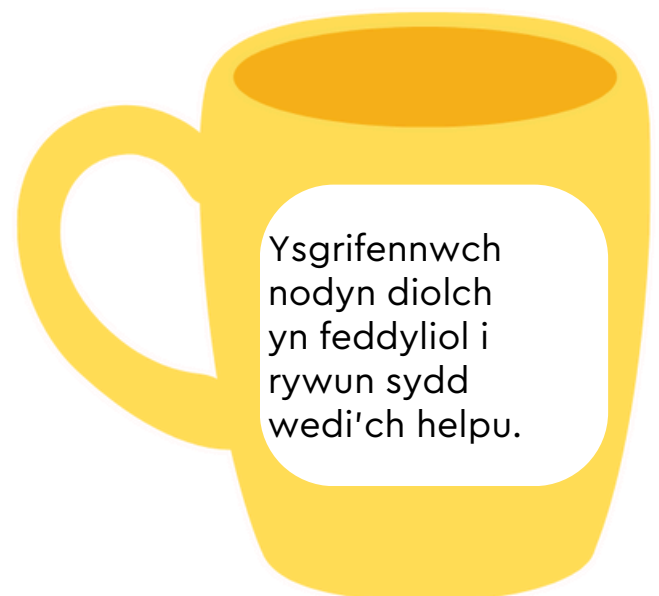
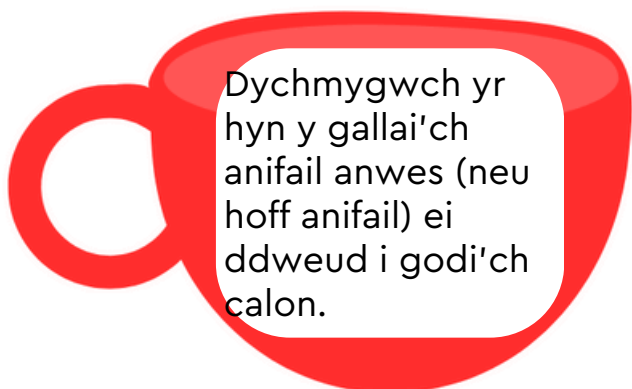
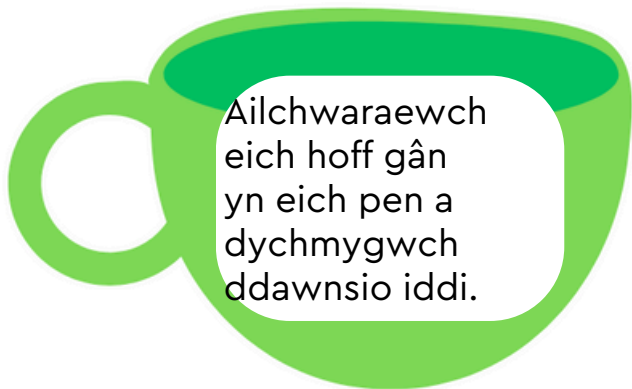
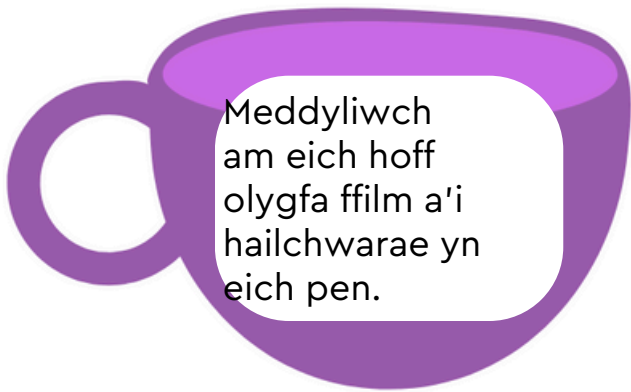
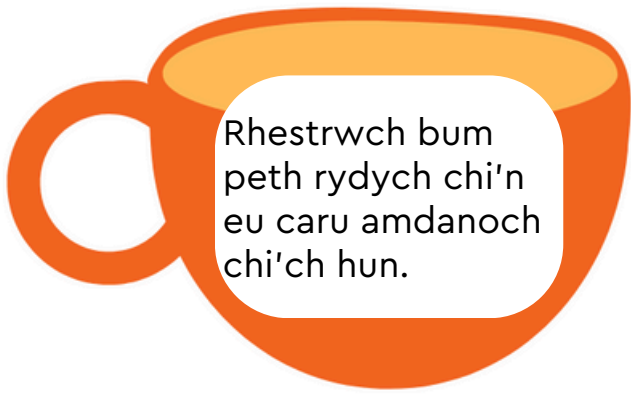


Cynlluniwch wyliau cogio yn eich meddwl.

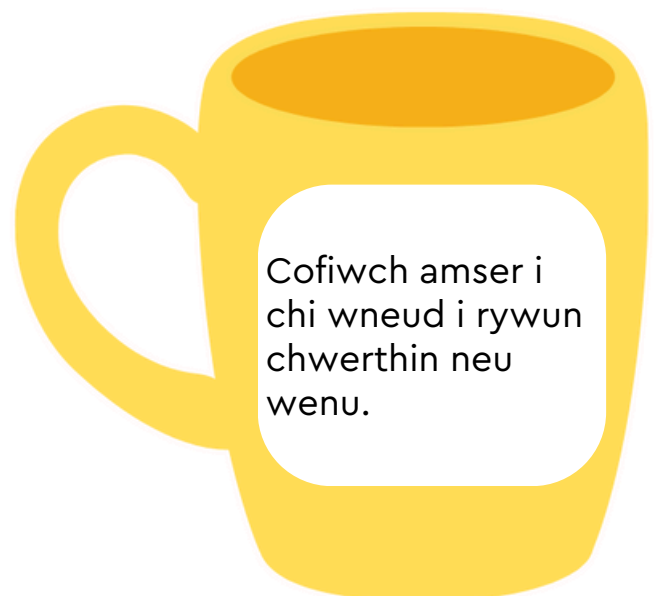
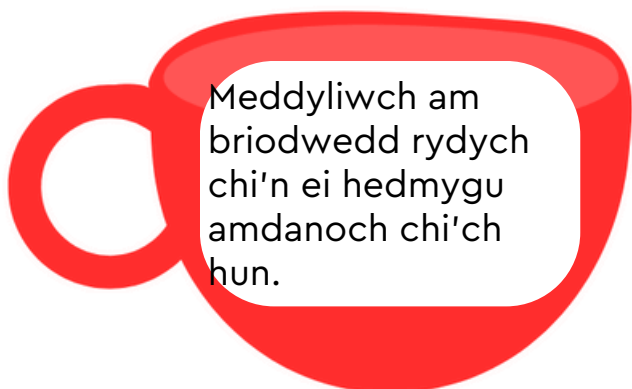
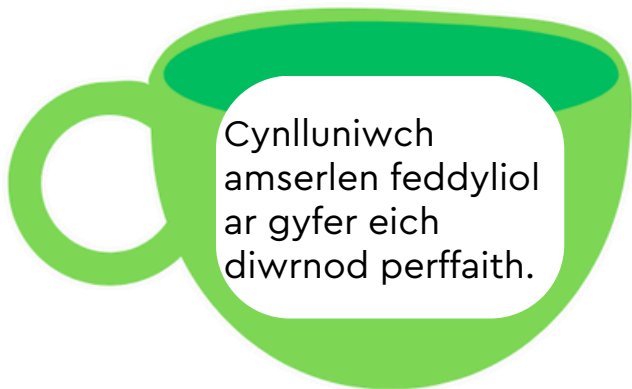
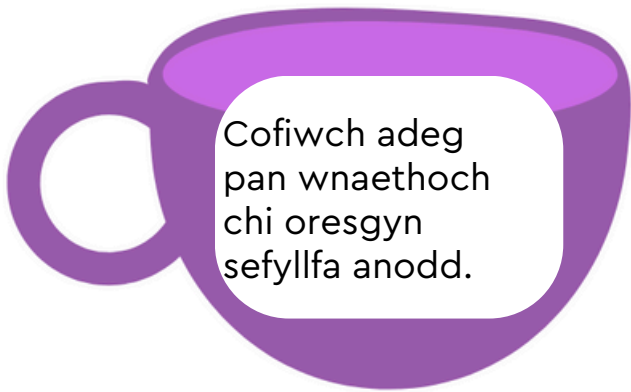
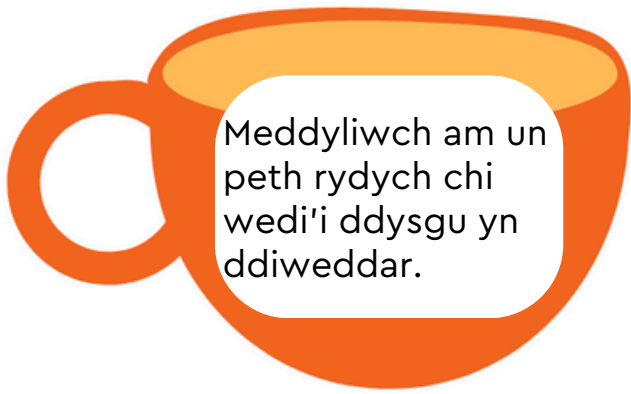


Cofiwch atgof doniol neu jôc arbennig i chi.

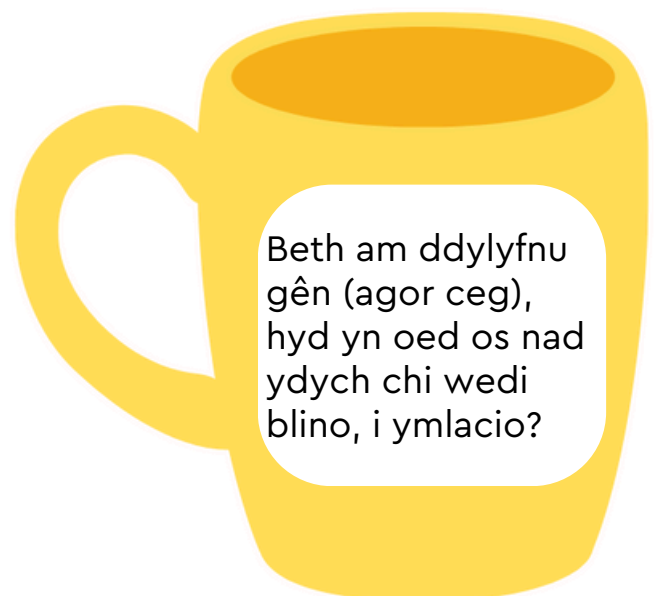
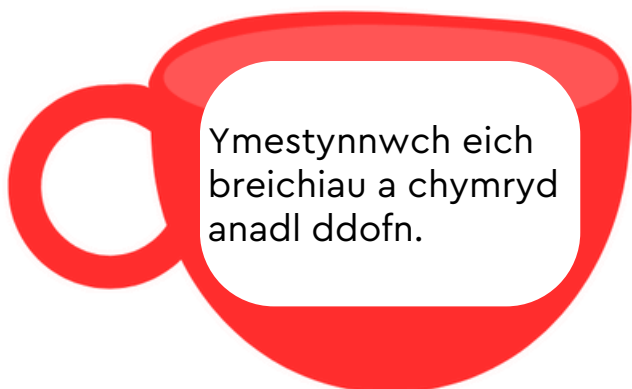
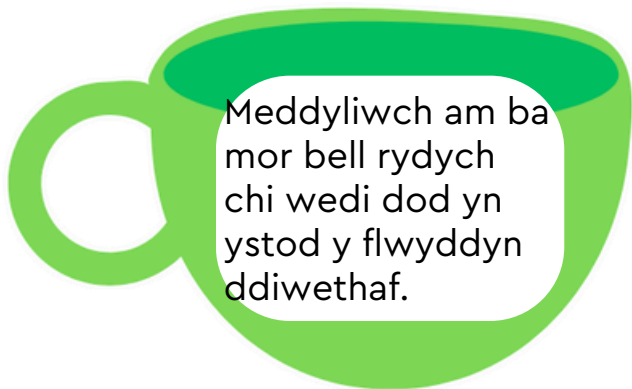
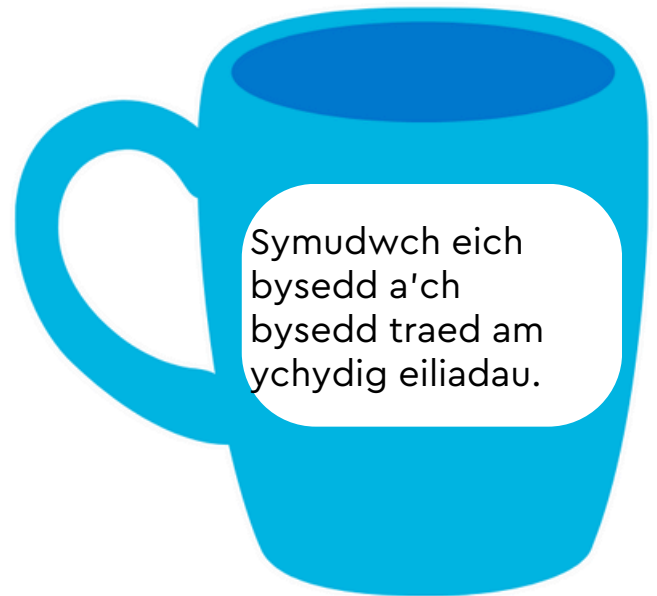
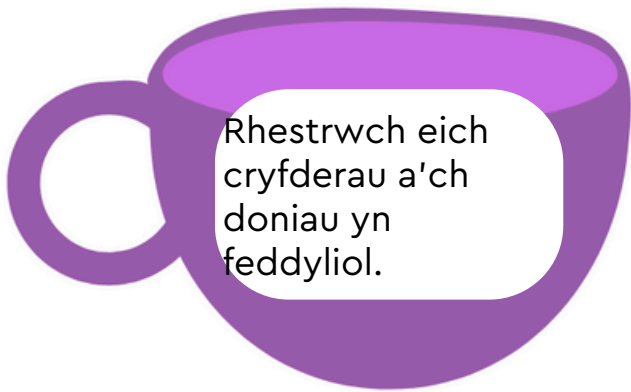
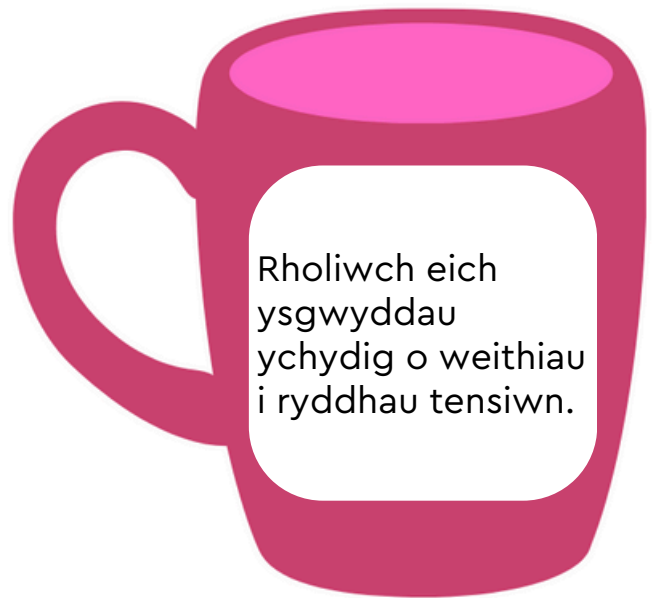
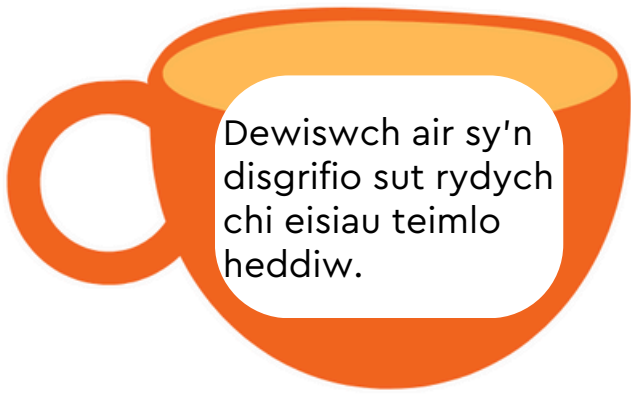




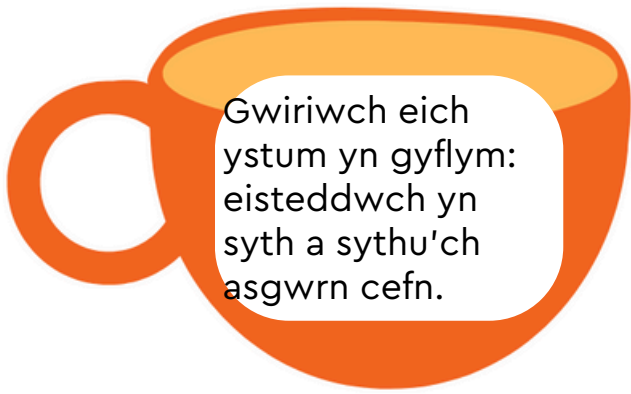




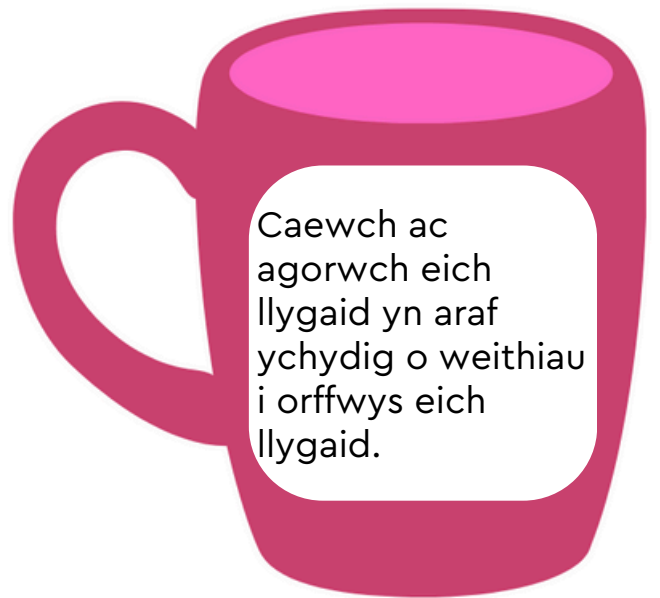




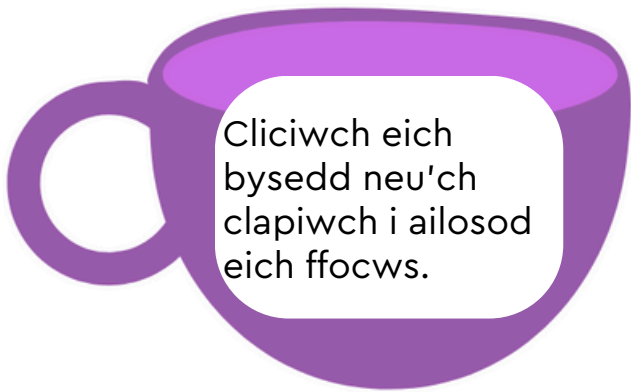




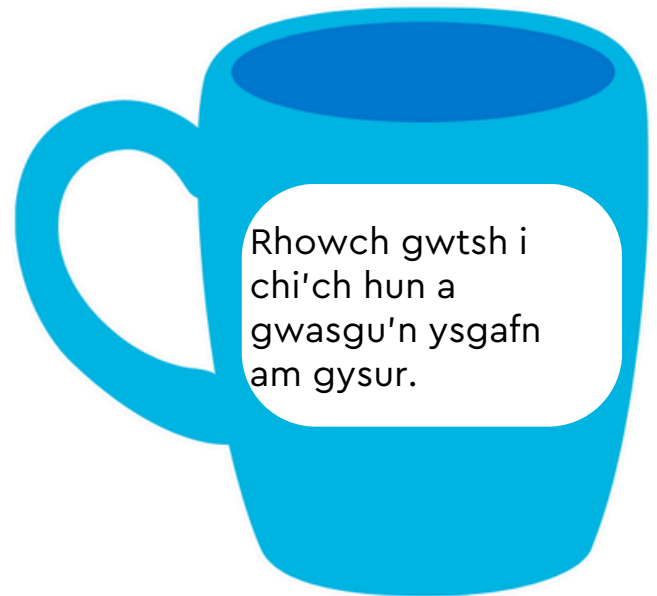
Gwiriwch eich
ystum yn gyflym:
eisteddwch yn
syth a sythu'ch
asgwrn cefn.



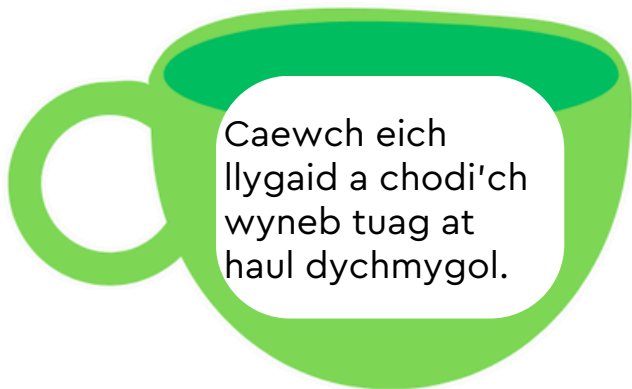
Caewch ac
agorwch eich
llygaid yn araf
ychydig o weithiau
i orffwys eich
llygaid.



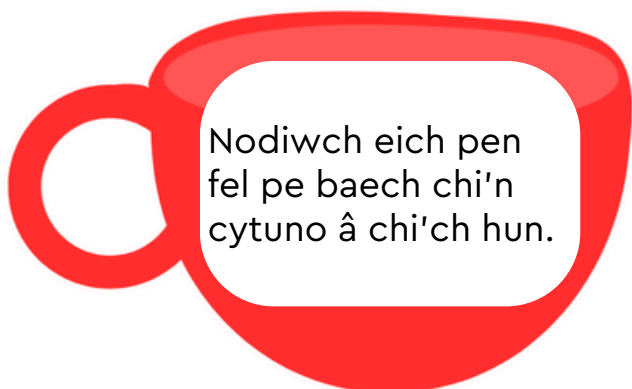
Cliciwch eich
bysedd neu'ch
clapiwch i ailosod
eich ffocws.



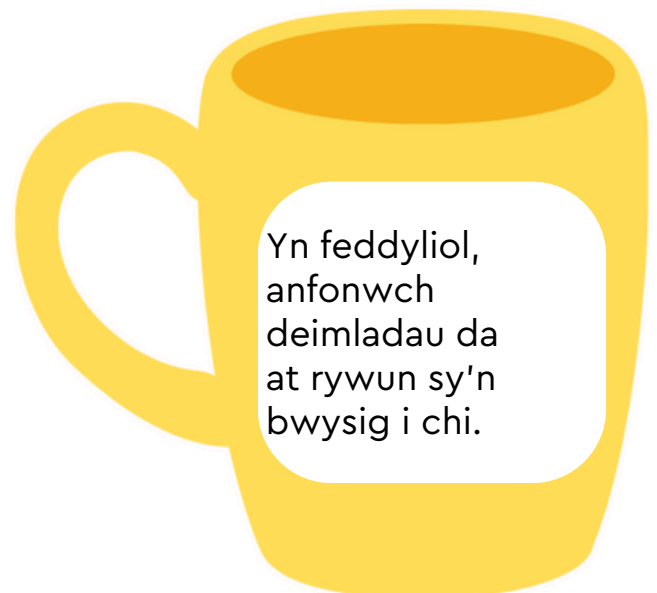
Rhowch gwtsh i
chi'ch hun a
gwasgu'n ysgafn
am gysur.



Caewch eich
llygaid a chodi'ch
wyneb tuag at
haul dychmygol.

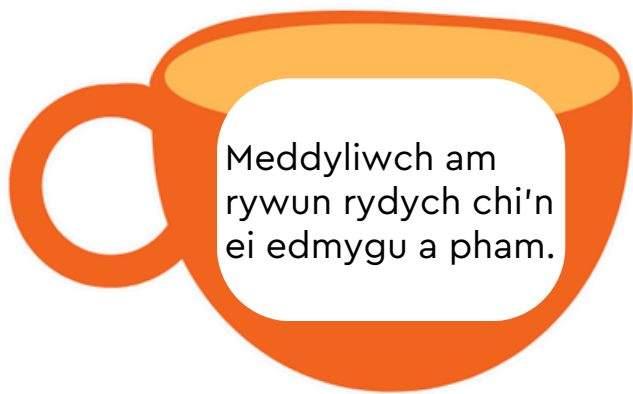


Nodiwch eich pen
fel pe baech chi'n
cytuno â chi'ch hun.



Yn feddyliol,
anfonwch
deimladau da
at rywun sy'n
bwysig i chi.

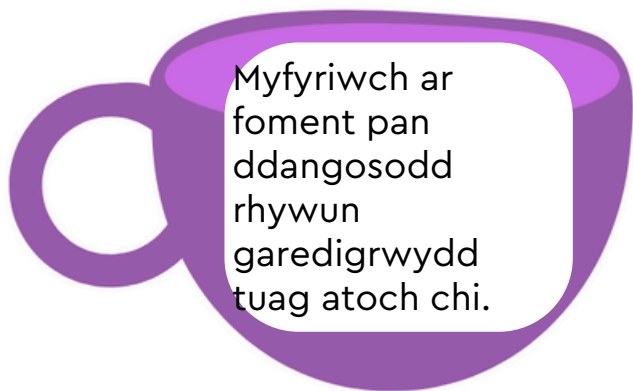




Meddylwch am
rywun rydych chi'n
ei edmygu a pham.



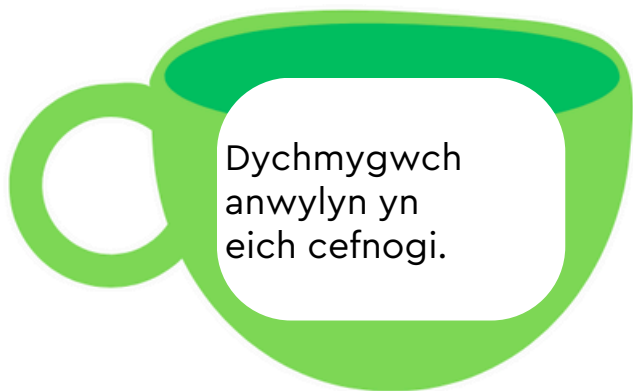
Cyfansoddwch
ddiolch yn
feddyliol i rywun
sy'n eich ysbrydoli.



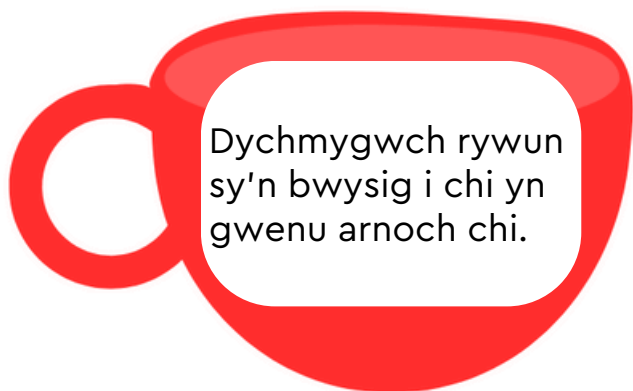
Myfyriwch ar
foment pan
ddangosodd
rhywun
garedigrwydd
tuag atoch chi.



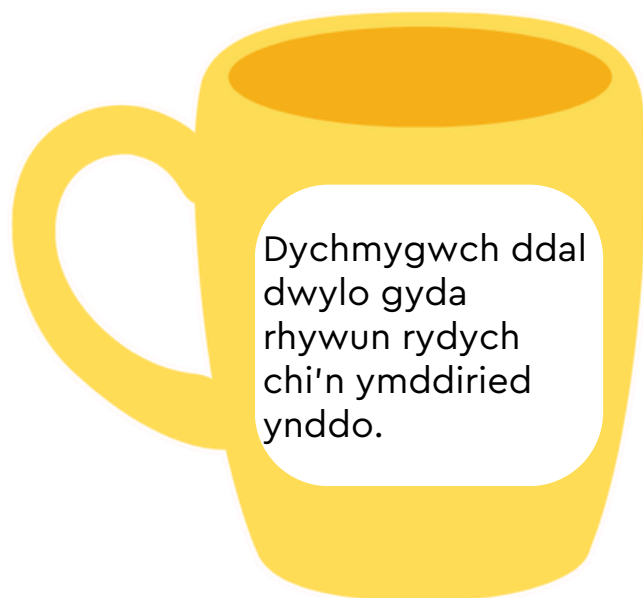
Cofiwch adeg
pan wnaethoch
chi i rywun
deimlo'n falch.



Dychmygwch
anwylyn yn
eich cefnogi.



Dychmygwch rywun
sy'n bwysig i chi yn
gwenu arnoch chi.



Dychmygwch ddal
dwylo gyda
rhywun rydych
chi'n ymddiried
yndo.



