

Helpful Thinking Cards



'Get some perspective'

It's not the biggest problem in the world. Take a step back from it and look again.



'Know your strengths'

Know your strengths and make a point to use them



'Change the channel'

When we find ourselves worrying over and over, we can refocus our thoughts on other things or find something else to do as a distraction



'Positive memories'

Imagine all your best times, close your eyes and visualise them playing on a screen



See the problem differently. You're really fed up because you missed the bus. 'Positive Remixing' means you now see it differently and you don't mind walking home because it's such a nice day.

'Remix/Rewind'



'Never Give Up'

Make giving-up your very last alternative



FIVE SENSES

Take time-out to really focus on the colours you see, the sounds you hear, the flavours you taste, the scents you smell and the textures you touch

'False facts'... Beware of these!

False

Example: If you say that 'Nothing I do at school is any good' you'll end up believing it, even when it's not true.

'Talk yourself up'

We can usually find ways to 'talk ourselves up' - even when we feel down or the going gets really tough



'Problem solving'

After sorting out a small problem we nearly always feel better



'Right here right now'

Don't spend all your time worrying about the past or the future. Live in the present.

'Grow your optimism'

If we usually expect things to improve then we are more likely to maintain our mental strength until things actually do improve



'Breathing space'

Breathing: A sense of calm can also normally be achieved quite quickly by just taking a few easy, slow, long breaths