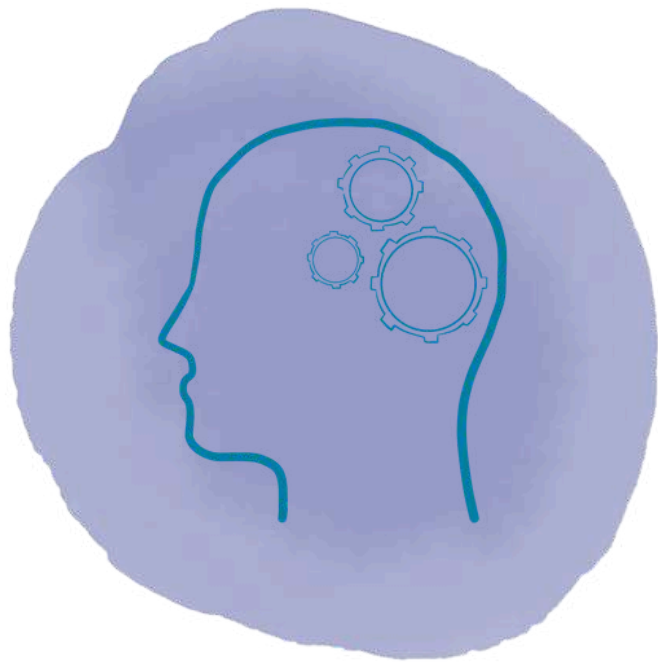


Stinking Thinking

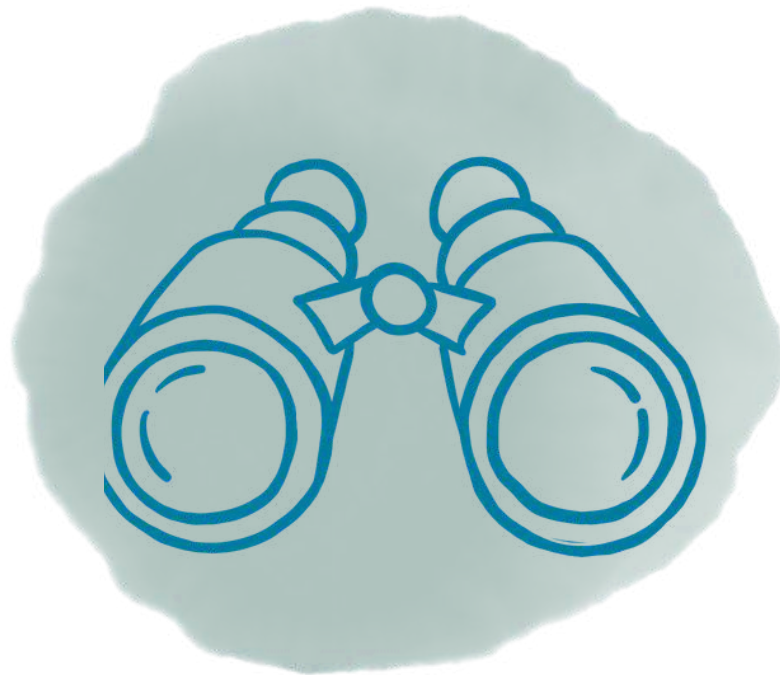
Mind Reading

Assume you know what someone else is thinking



Focusing on the Bad

Ignore the positive and focus on the bad things



Catastrophising

Expecting the worst outcomes



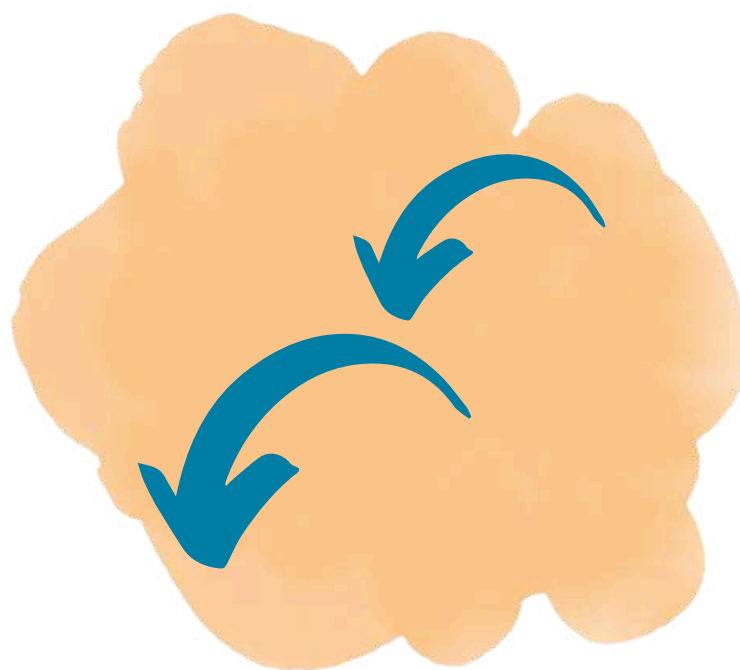
Fortune Telling

Anticipating you won't like something before even trying it.



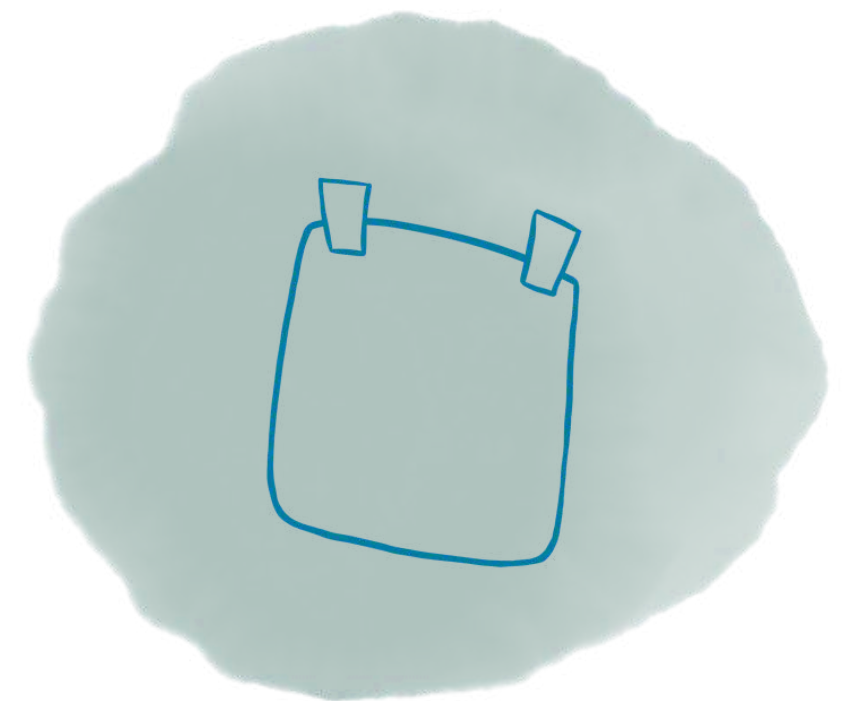
Conclusions

Assuming we know what will happen, and expect negative experiences



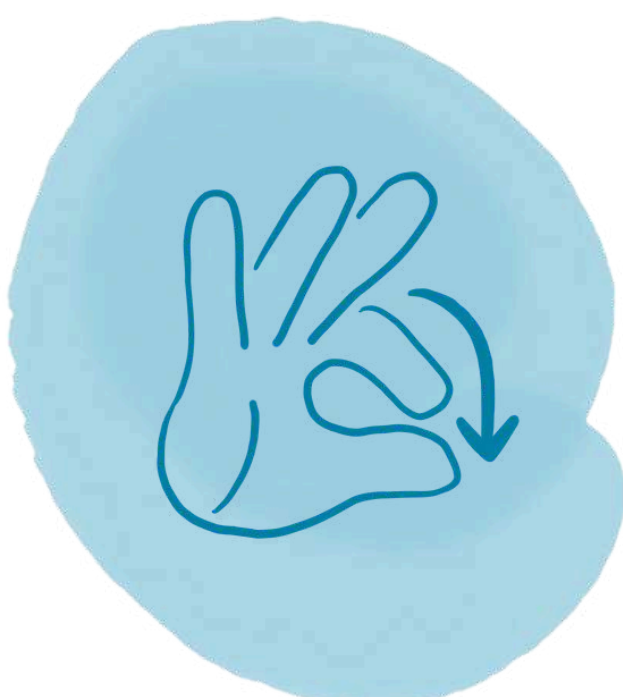
Labelling

You apply negative labels to yourself because that's what you think people see.



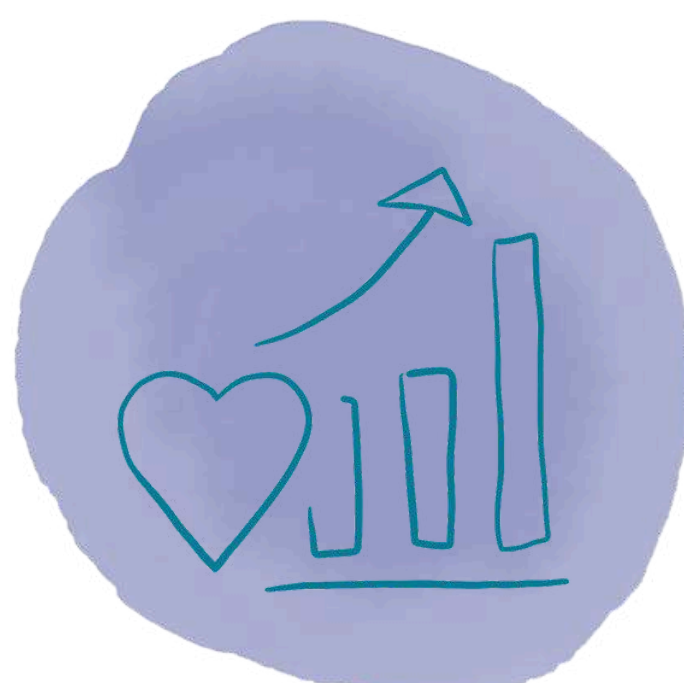
Minimising

Downplay the significance of positive experiences, achievements, or emotions



Feelings as Facts

If you feel something, you then believe it is actually true.



Blaming Yourself

When something goes wrong you think it's all your fault.



STEP 1

Notice it

Name it

STEP 2

Calm your body

Calm your brain

STEP 3

Catch it

Check it

Change it

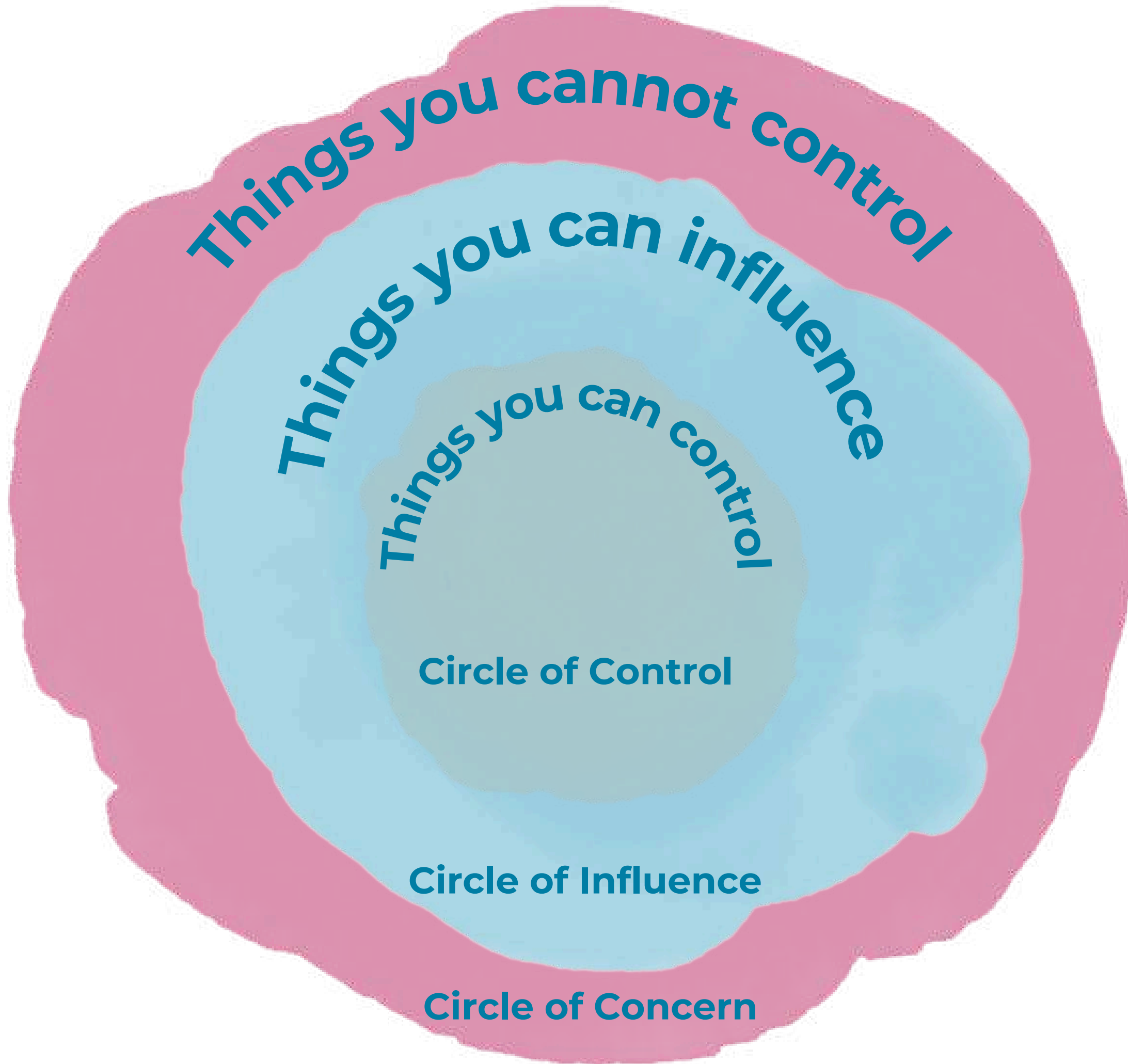
MOOD MAT

How are you feeling?

The Mood Mat is a diamond-shaped grid of 20 emoji-based feelings, each with a corresponding label. The background is divided into four colored quadrants: light blue (top-left), light purple (top-right), light orange (bottom-right), and light blue (bottom-left).

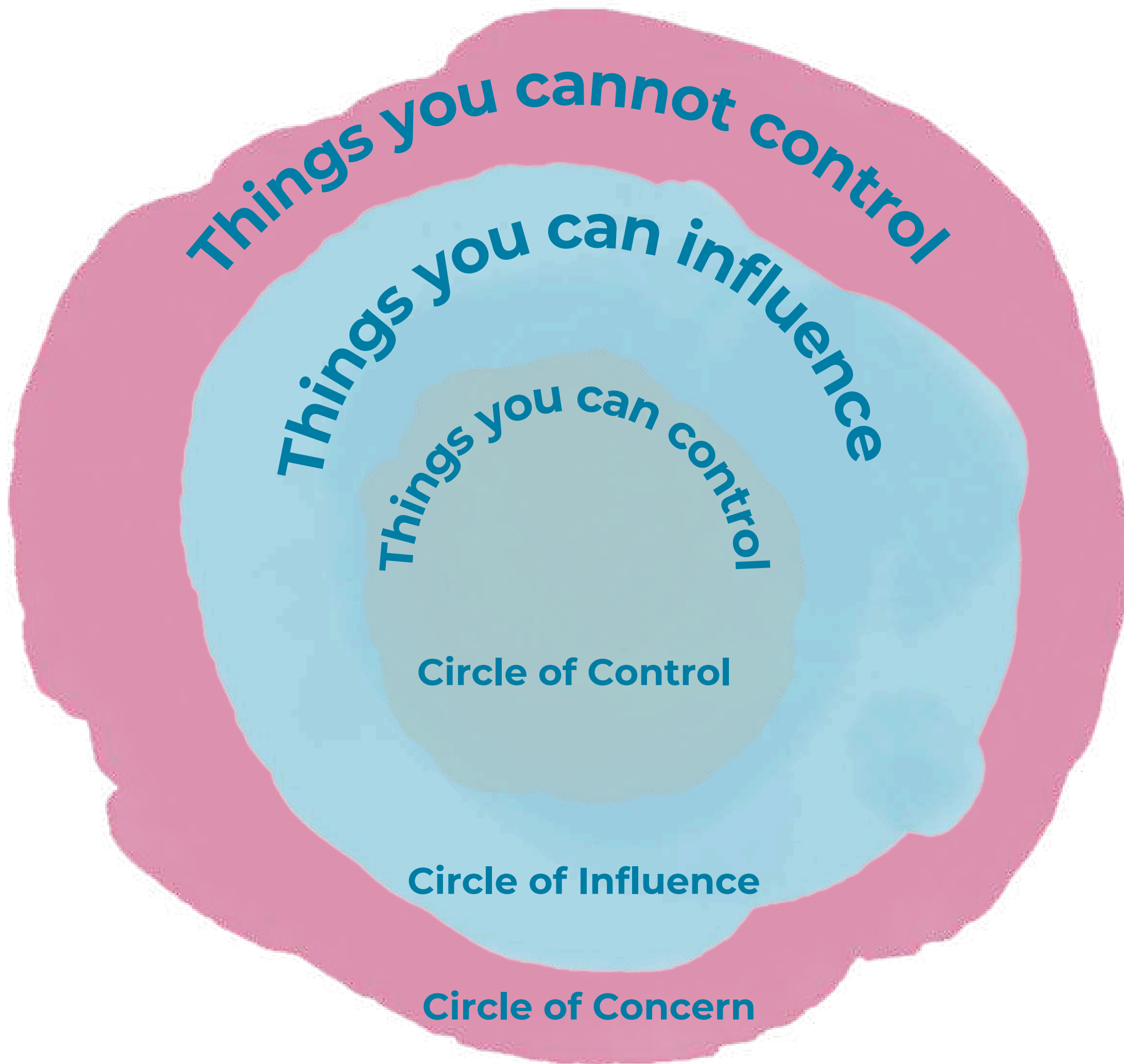
- Overwhelmed** (top-left, light blue quadrant)
- Rage** (top-center, light purple quadrant)
- Afraid** (top-right, light purple quadrant)
- Unsafe** (middle-left, light blue quadrant)
- Frustrated** (middle-top, light purple quadrant)
- Sick** (middle-right, light purple quadrant)
- Cheeky** (middle-right, light orange quadrant)
- Disappointed** (middle-left, light blue quadrant)
- Mad** (center, light purple quadrant)
- Excited** (middle-right, light orange quadrant)
- Unsafe** (middle-left, light blue quadrant)
- Sad** (middle-center, light blue quadrant)
- Happy** (middle-right, light orange quadrant)
- Proud** (middle-right, light orange quadrant)
- Tired** (middle-left, light blue quadrant)
- Worried** (bottom-center, light blue quadrant)
- Calm** (bottom-right, light orange quadrant)
- Lonely** (bottom-left, light blue quadrant)
- Scared** (bottom-center, light blue quadrant)
- Nervous** (bottom-right, light blue quadrant)
- Loving** (bottom-right, light orange quadrant)
- Stressed** (bottom-left, light blue quadrant)
- Judged** (bottom-center, light blue quadrant)
- Guilty** (bottom-right, light blue quadrant)

Circle of Control



5 things in my circle of control that I will focus on this week

Circle of Control



Reduce your viewing of negative news

Be intentional in what you are consuming online

List and make time for your favourite uplifting activities

Write and practise phrases to communicate boundaries

Make time for relationships that are uplifting

Create positive traditions after stressful activities

Spend time in nature

Focus on your strengths

Buy yourself flowers or a potted plant

Create an upbeat spotify playlist music

Read a novel or subscribe to a magazine

Resilience Training

EXAMPLE

Which parts of my resilience
'muscle' need the most training ?



Emotional Awareness

Maintain Perspective

Control of Self



Self -Belief



RESILIENCE

Optimism

Ability to Solve Problems

Seek Social Support

Willingness to Adapt

What can I do to 'build' in this area?

I can make a habit of reviewing what I did well each day

What can I do to 'nourish' this area (ie daily 'vitamin')

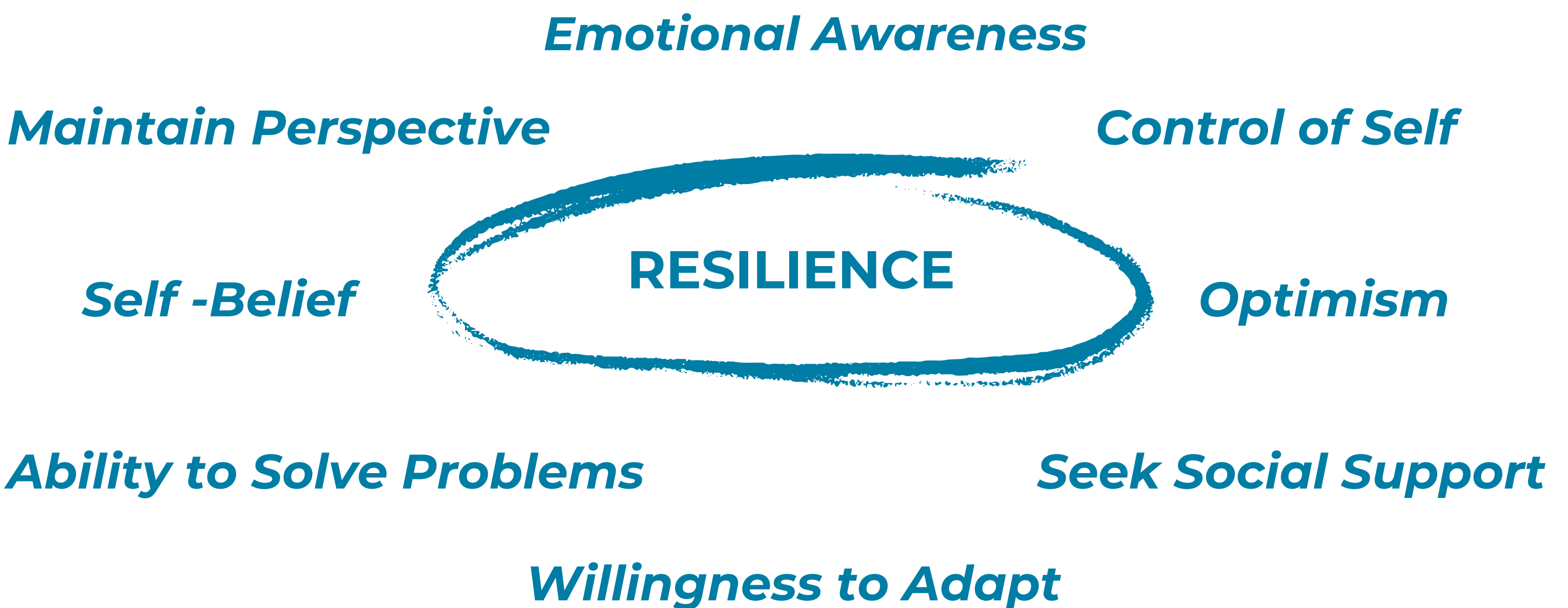
I can say affirmations in the mirror or in the car each morning

What can I do to 'rest & recover' this area

I can spend time with others who affirm me

Resilience Training

Which parts of my resilience
'muscle' need the most training ?



What can I do to 'build' in this area?

What can I do to 'nourish' this area

What can I do to 'rest & recover' this area

Thought Record

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

Event

What happened?



Catch it



Feelings

How did it make me feel?

Thoughts

What was I telling myself when the event was happening?

Behaviour

What was my response to the situation?

Check it



Supportive evidence

What evidence is there that this thought is true?

Non-supportive evidence

Why might my thought not be true?

"Is it possible that I'm misinterpreting what others are thinking?"

What evidence do I have?

Consider alternatives

Reflect on past experiences

Change it



What is a more accurate thought?



Reframe the thought

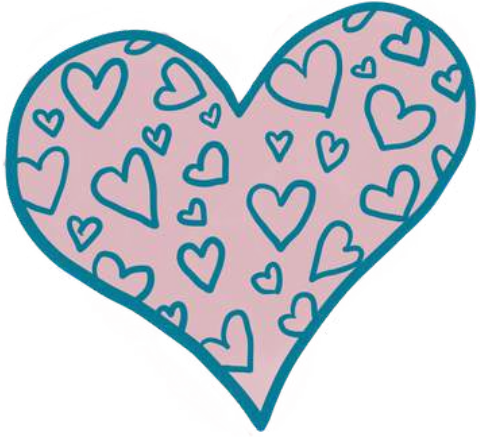


Practice self-compassion



Use positive self-talk

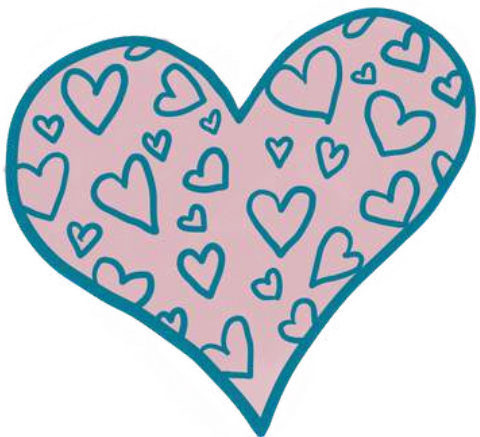
1-1-1



1 Thing I Am Grateful For



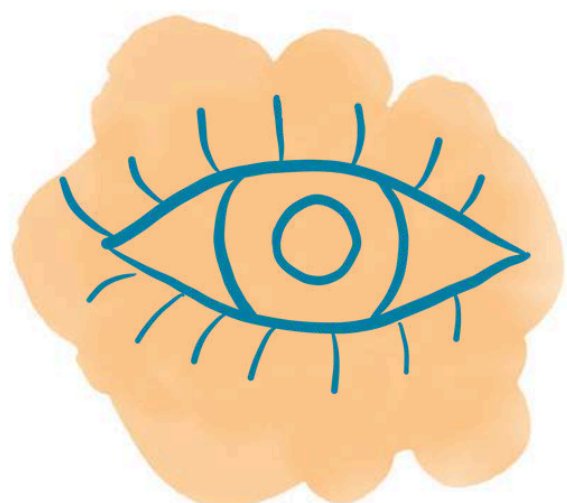
1 Thing I Like About Myself



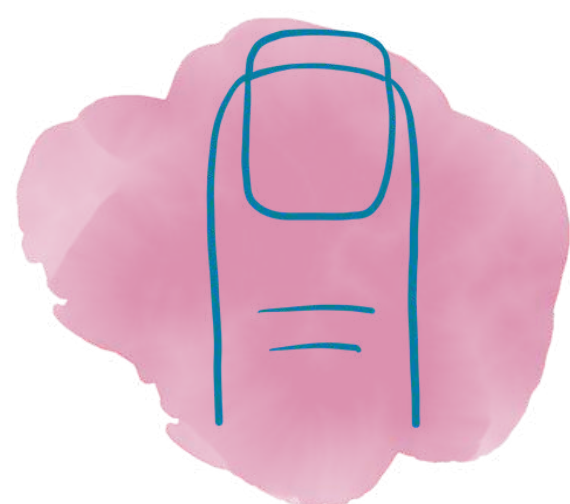
1 Thing I Am Looking Forward To

5-4-3-2-1

Calm Your Body, Calm Your Brain



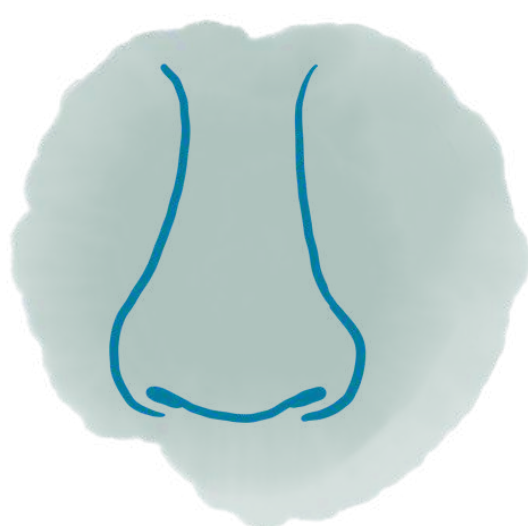
5 things that you can **SEE**



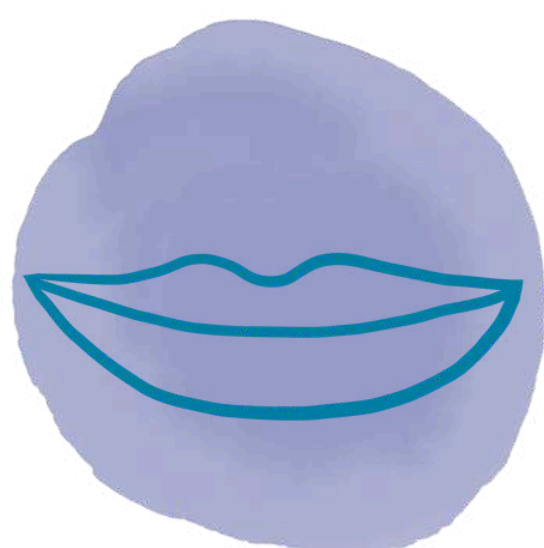
4 things that you can **TOUCH**



3 things that you can **HEAR**



2 things that you can **SMELL**



1 thing that you can **TASTE**