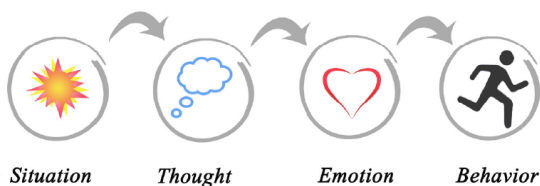


TIPS FOR COPING WITH UNHELPFUL THOUGHTS

Unhelpful thoughts are certain types or patterns of thoughts that tend to trap us in low moods, anxiety, stress, or negative behaviors. You can help your brain learn more helpful ways of thinking!

UNDERSTAND CONNECTIONS BETWEEN THOUGHTS, EMOTIONS, AND BEHAVIORS



Collect information about other people's experiences. Consider asking friends and trusted adults how their thoughts influence how they feel and what they do.



IDENTIFY YOUR UNHELPFUL THOUGHTS

- Some people have lots of thoughts about the future.
- Some focus on what other people are thinking.
- Some see danger lurking around every corner.
- Others seem to always imagine the worst possible scenario!
- Practice writing down your thoughts, how you feel, and what you do to help identify your patterns.

CHALLENGE YOUR UNHELPFUL THOUGHTS

Ask yourself questions about your thoughts, like:

- "What would I tell my friend if they were in this situation?"
- "Are there any other possible explanations?"
- "What's the worst thing that could happen?"
- "If the worst thing DID happen, what could I do to handle it?"

