



THOUGHTS, FEELINGS AND ACTIONS

What we experience in life will often influence our thoughts, feelings and actions.

- What we **THINK** affects our **FEELINGS** and **ACTIONS**
- How we **FEEL** affects our **THOUGHTS** and **ACTIONS**
- How we **BEHAVE** affects our **FEELINGS** and **THOUGHTS**

When we've faced difficulties and trauma, sometimes these thoughts, feelings and actions can be unhealthy.

When we work to change these responses to the positive, great things start to happen!

NEGATIVE TO POSITIVE

So how can we put this information to use to adjust the cycle from negative to positive? One hack might be to influence our THOUGHTS with positive self-talk and affirmations.

When you hear negative things about yourself, it can be easy to believe those things, but that doesn't make them true. Positive self-talk can improve the way you see yourself, help you be more optimistic, and can help you feel less depressed or anxious.

3 STEPS TO POSITIVE SELF TALK

RECOGNIZE

Be aware of the negative things you are telling yourself.

QUESTION

Evaluate the evidence for the negative thoughts. Could you do anything to change what you feel bad about? What would you tell a friend who believed these critical things about themselves?

REPLACE

Write down those negative thoughts, and replace each one with a positive attribute that honors you. Be realistic, what are your strengths?

EXAMPLES TO TRY

NEGATIVE	POSITIVE
You're worthless and selfish.	I have value and care about others.
You are terrible with school work.	I am doing my best and I am pretty good at writing.
You never listen to anyone.	My friends think I am good listener.
You're broken.	I am healing and getting stronger every day.

HACKING THE BODY

Another way of helping your body go from the negative to the positive is to hack it's natural hormones to influence how you FEEL. We all have "happiness chemicals" in our body that help us to feel good. Engaging in certain activities can activate these in your body leading to improved mood.

DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Time with loved ones
- Holding hands
- Hugging your family
- Give a compliment

SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walking in nature
- Swimming

ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watching a comedy
- Dark chocolate
- Exercising