

THOUGHTS, FEELINGS AND ACTIONS

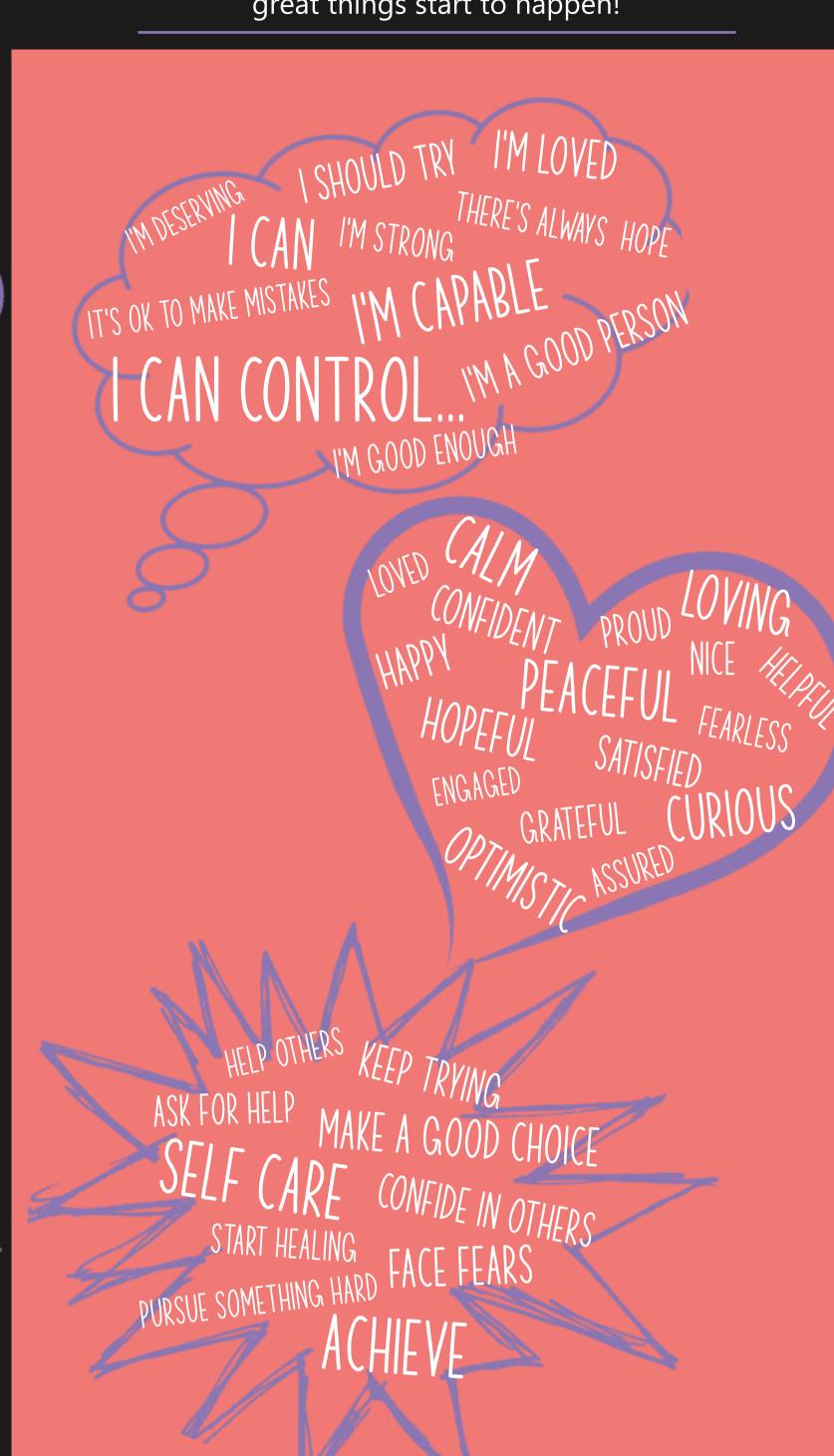
What we experience in life will often influence our thoughts, feelings and actions.

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

sometimes these thoughts, feelings and actions can be unhealthy. I DON'T DESERVE TO LIVE NO ONE LOVES ME I SHOULD QUIT EVERYTHING I DO IS WRONG THERE'S NO HOPE I'M NOT GOOD ENOUGH I'M STUPID IT'S MY FAULT I'M A BAD PERSON ANXIOUS SUICIDAL HOPELESS DEPRESSION CONFUSED DISGUSTED FRUSTRATED DOUBTFUL EMBARRASSED DON'T ASK FOR HELP HURT OTHERS MAKE A BAD CHOICE SELF HARM CHOOSE NOT TO DO SOMETHING PUSH OTHERS AWAY GIVE UP SUICIDE ATTEMPT

When we've faced difficulties and trauma,

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 You're worthless and selfish.

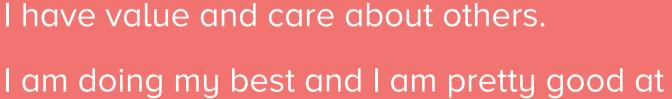
You are terrible with school work.

You never listen to anyone.

You're broken.

I have valı

POSITIVE



writing.

My friends think I am good listener.

I am healing and getting stronger every day.

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

HACKING THE BODY

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.

HACKING HAPPINESS CHEMICALS

DOPAMINE

THE REWARD CHEMICAL

Completing a task
Doing self-care activities
Eating food

Celebrating little wins

SEROTONIN

THE MOOD STABALIZER

Meditating
Running
Sun exposure

Walking in nature

Swimming

Serotonin

THE LOVE HORMONE Playing with a dog

OXYTOCIN

Time with loved ones

Holding hands

ENDORPHIN THE PAIN KILLER

Laughter exercise
Essential oils
Watching a comedy
Dark chocolate

Exercising