



TEENS

Mind-Body Connection

THOUGHTS, FEELINGS AND ACTIONS

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

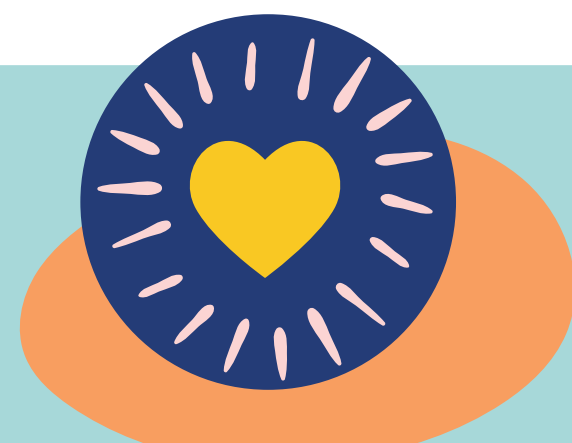
What we **THINK** affects our **FEELINGS** and **ACTIONS**

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 → 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

1 Recognize

Be aware of the negative things you are telling yourself.

2 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?

3 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.

POSITIVE

I have value and care about others.
I am doing my best and I am pretty good at writing.
My friends think I am good listener.
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 its 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.

HACKING HAPPINESS CHEMICALS

Dopamine

THE REWARD CHEMICAL

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