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!

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.

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.

1 Recognize
Be aware of the negative things you are telling yourself.

Examples to try

<table>
<thead>
<tr>
<th>NEGATIVE</th>
<th>POSITIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>You’re worthless and selfish.</td>
<td>I have value and care about others.</td>
</tr>
<tr>
<td>You are terrible with school work.</td>
<td>I am doing my best and I am pretty good at writing.</td>
</tr>
<tr>
<td>You never listen to anyone.</td>
<td>My friends think I am a good listener.</td>
</tr>
<tr>
<td>You’re broken.</td>
<td>I am healing and getting stronger every day.</td>
</tr>
</tbody>
</table>

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

HACKING THE BODY

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

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

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

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

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HACKING HAPPINESS CHEMICALS

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