10 TIPS TO HELP YOU MANAGE NEGATIVE MANAGENTS PARELIEVEPHO THOUGHTS PARELIEVEPHO

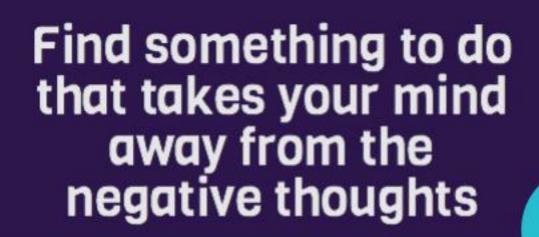
Learn to problem solve and stop yourself from catastrophising



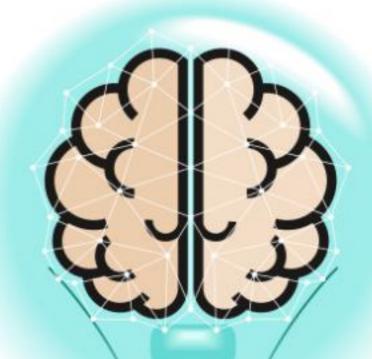
When you experience your negative thoughts write them down and challenge them. Come up with more positive alternatives

Why not try and spend some time writing down the positive thoughts you experience

Learn what triggers your negative thoughts



Use imagery to view yourself being successful



Try and put things into perspective



Start to understand the different types of negative thoughts you are experiencing. This will help you to challenge them



Ask yourself: What is the best that could happen? What is the worst that could happen? What is the most likely thing that will happen?

Learn to forgive yourself



