

10 TIPS TO HELP YOU MANAGE NEGATIVE THOUGHTS

 @BELIEVEPHO

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



Find something to do that takes your mind away from the negative thoughts



Use imagery to view yourself being successful



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



Try and put things into perspective



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

