

FIVE WAYS TO DEAL WITH NEGATIVE THOUGHTS

STRUGGLING TO DEAL
WITH LIFE'S CHALLENGES?
HELP IS AT HAND.

PROBLEM 1

"I'm just not good enough."

SOLUTION

Self-compassion = what would you say to a friend in a similar situation?



PROBLEM 2

"I don't know what to do!"

SOLUTION

Problem-focused coping = break down the "massive task" into small, manageable steps.



PROBLEM 4

"This is too hard. I'll never get it right."

SOLUTION

Weigh the evidence = What makes me think it's true? What makes me think it's not true? What is an alternative way I can look at this? (Reframe the situation.)

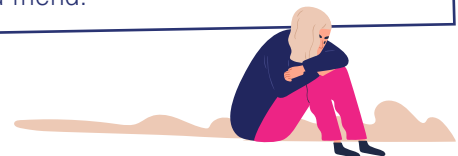


PROBLEM 3

"I just don't care anymore."

SOLUTION

Self-care = renew your mental energy by going for a walk outside, eating healthily, sleeping well and catching up with a friend.



PROBLEM 5

"This is so unfair!"

SOLUTION

Instead of focusing on the unfairness of the situation and external things you have no control over, focus on what is IN your control.



DON'T TRY AND GO IT ALONE

It's important to ask for help. Talk to someone you love and trust, or find help here:

Beyond Blue: www.beyondblue.org.au

Kids Helpline: <https://kidshelpline.com.au/>

Lifeline: www.lifeline.org.au/ or 12 11 14

SKILLSROAD.COM.AU