

TROUBLING THOUGHTS AND STRESS SUPPORT PLAN

HEY, HOW ARE YOU FEELING?

TRY TO CHANGE YOUR ENVIRONMENT IF YOU NEED TO.
NOW TAKE ANOTHER DEEP BREATH.
WRITE THREE NEGATIVE THOUGHTS YOU'RE HAVING.

NOT GREAT? OKAY...TAKE A DEEP
BREATH AND LOOK AROUND YOU. WRITE DOWN
SOMETHING YOU SEE THAT BRINGS YOU JOY. NO
MATTER HOW BIG OR SMALL.

TAKE ANOTHER DEEP BREATH AND THINK
CAREFULLY. HOW CAN YOU TAKE THOSE
NEGATIVE THOUGHTS AND TURN THEM INTO
HELPFUL ALTERNATIVE THOUGHTS, INSTEAD?

DOES YOUR ENVIRONMENT FEEL EMOTIONALLY
SAFE?
WHY OR WHY NOT?

HOWEVER LONG IT TOOK YOU
TO COMPLETE THE
WORKSHEET, IT DOESN'T
MATTER!
WE KNOW IT CAN BE HARD TO
SEE THE
GLASS HALF FULL IN TOUGH
SITUATIONS. BUT PRACTICE
PUTTING MORE POSITIVE
SPINS ON THOSE THOUGHTS
INSTEAD. IT WILL HELP
REMIND YOU THAT YOU'LL BE
OKAY!