



Session 4

sinking ship

Island

in

SIGHT

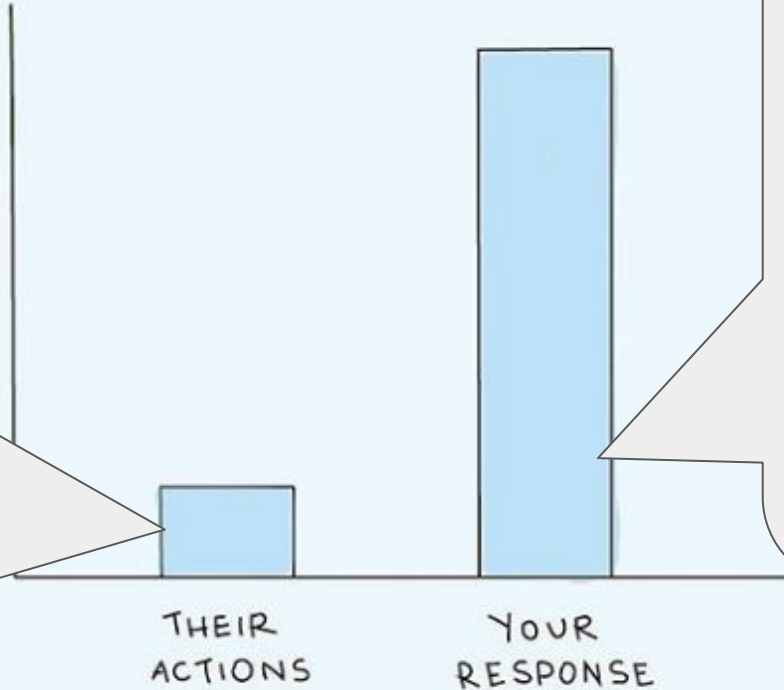




**MINDSET IS
EVERYTHING**

HOW MUCH CONTROL
YOU HAVE

You can't control everything in your environment. Things people do and say are beyond your control...



You can control your thoughts and how you choose to react to things!

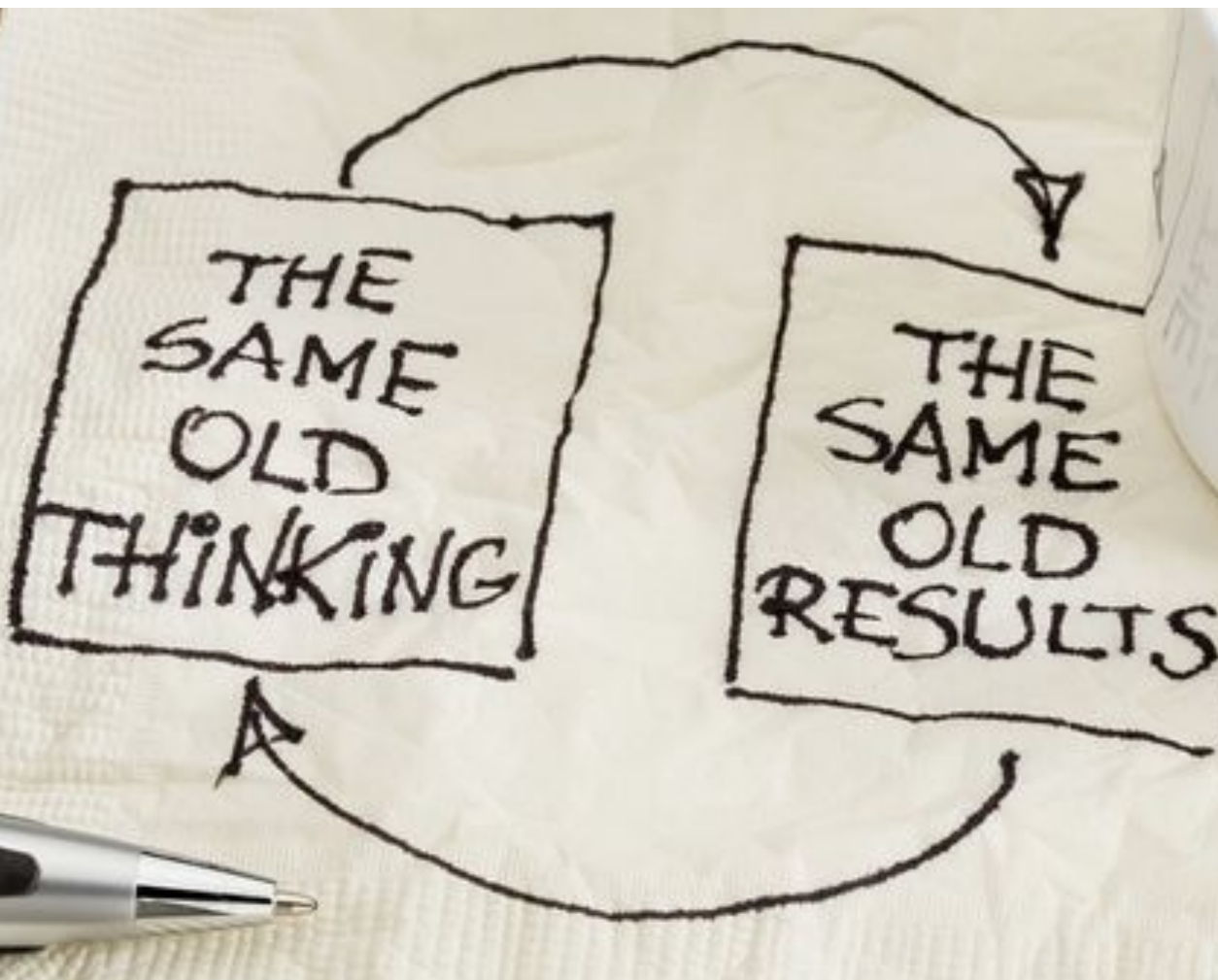


Jill Koenig

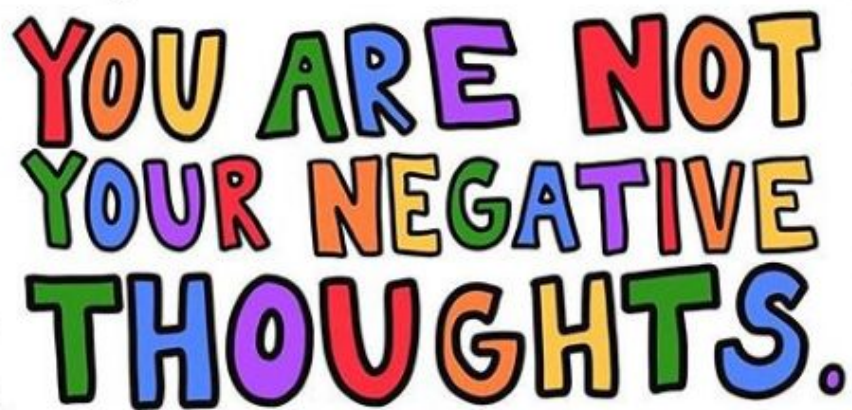
**NO AMOUNT
OF HARD WORK
CAN OVERCOME
A NEGATIVE
MINDSET**

Negative thoughts are part of the human mindset and they can cause you to feel sad, demotivated and frustrated.

It is okay to feel negative sometimes, but if it becomes a habit, these thoughts will begin to have a long-term negative impact on your mental health and emotional wellbeing.



Keeping a positive mindset all the time isn't easy, but it is possible to challenge yourself on how you think about things.

A white thought bubble with a black outline is centered on a dark gray background filled with small white stars. The text inside the bubble is written in a colorful, bubbly font. The words are arranged in three lines: 'YOU ARE NOT' on the top line, 'YOUR NEGATIVE' on the middle line, and 'THOUGHTS.' on the bottom line. The colors of the letters are: 'YOU' (red, orange, yellow), 'ARE' (green, blue, purple), 'NOT' (red, orange, yellow), 'YOUR' (green, blue, purple), 'NEGATIVE' (red, orange, yellow, green, blue, purple), and 'THOUGHTS.' (green, blue, purple, red, orange, yellow, green, blue). Three small white circles lead from the bottom of the bubble towards the bottom right corner of the image.

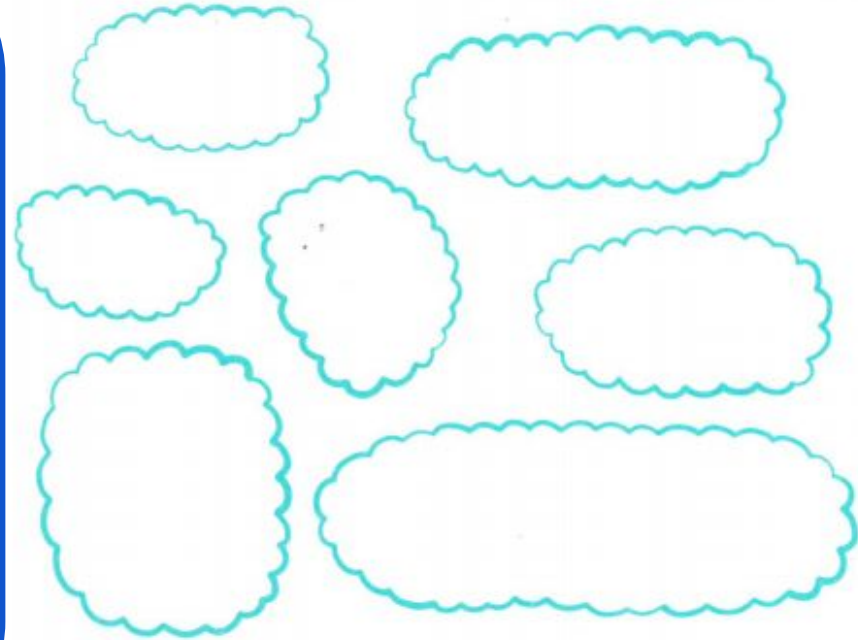
**YOU ARE NOT
YOUR NEGATIVE
THOUGHTS.**

CRYSTALDRAWSTUFF

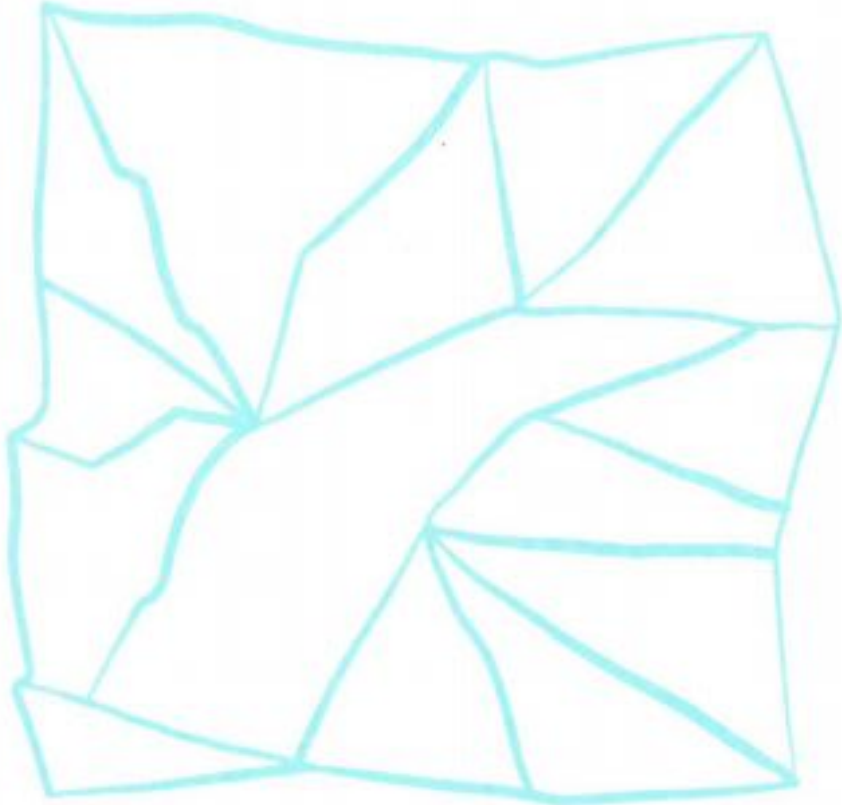
CHALLENGE NEGATIVE THINKING

Everyone thinks about themselves in different ways, both good and bad. It's important to be aware of how you see yourself so that you can challenge your negative thinking.

Write down your thoughts in bubbles or as a list. Can you recognise the good from the bad? Do you know why you think this?



THROW NEGATIVE THOUGHTS AWAY



Take a piece of paper.

Write down all your negative thoughts on the paper.

Scribble over all of them.

Scrunch it up and throw it in the bin! Physically getting rid of our thoughts can make you feel better.

CHALLENGE

When a negative thought enters your mind, **think**

3 positive ones.

Train yourself to **flip the script.**

