

## Use Positive Self-Talk

1. Notice your self-talk (or thoughts). Do they make you feel better or feel upset? Are they positive or negative?

Examples:

- a. “I can’t do this” → sad, mad
  - b. “I will do my best” → hopeful
2. Generate positive thoughts or self-talk that help you feel better.
3. Write down positive thoughts and say them out loud to yourself

*Tip:* If you cannot think of a positive thought that would help you feel better, ask someone to help you.

*Variations of this skill (for all ages):*

“Challenge Negative Self-Talk” – Try to challenge negative thinking. Is it rational? Logical? What evidence do you have that

## Coping Skills for Tough Times

it is true? See if you can poke holes in your negative thinking. Ask a friend for help.

**When to use this skill:** You can use this strategy whenever you notice yourself having thoughts that make you feel sad, angry, or anxious.

**How this skill helps:** How we think, feel, and act are all connected. Some thoughts make us feel badly or lead us to do things that are unhealthy or unhelpful. We can choose to think positively and focus our attention on thoughts that make us feel better.

**If you want to learn more coping strategies, talk to your doctor about meeting with the Psychology Team!**