



Reversing negative thought patterns

The way we are all living at the moment is unprecedented. We have temporarily lost control of our daily lives, routines and habits. Freedom of movement and all of the restraints set out for us may be impacting on our relationships and mental health.

Here is a simple exercise to try and turn those negative thought patterns around before they start growing roots and getting you down.

Negative thoughts have a huge influence on how you handle a challenging situation. When you focus on the negative you can not find a resolution or inner peace – it is not productive. To handle challenges we need to counter the negative thoughts use this log to aid you when you are feeling anxious.

I am upset because....

This situation makes me think

My thoughts are making me feel....

To feel better, I need to keep in mind that....

To be fair to the reality of the situation, I acknowledge that....

I understand that....

I also need to remember that....

When I remind myself of this, I feel....

I hope this helps, if you are feeling isolated please reach out to a loved one, friend or even a stranger, try and speak to someone at least once a day. This time will pass perhaps you can view it as a chance to come back stronger and full of great ideas! Xx Tiffany Parmar