

## CBSST: INCREASING POSITIVE OR HELPFUL THOUGHTS THAT HELP YOU TAKE CARE OF YOURSELF

### 1. INCREASE THE NUMBER OF HEALTHY THOUGHTS IN YOUR MIND

Using the space provided, make a list of good/positive thoughts about yourself and your accomplishments

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### 2. GIVE YOURSELF PATS-ON-THE-BACK

- Most of the things we do are not noticed by others. Therefore, it is important for us to notice these things and give ourselves a pat-on-the back for doing them. For example: "I made it to group today, even though I was really sad"
- Try to think about one of your positive thoughts about yourself (above) - one at morning, noon, and at bed time!

### 3. "HOLD EVERYTHING!"

- Give yourself a break by taking time out
- Pause. Breathe slowly
- Let your mind relax; let your mind take a break
- Allow your body to feel at peace
- Feeling at peace can give you energy and help you to feel better overall
- Take as many 30-second "Hold Everything!" breaks as you need during the day



### 4. DECREASING UNHEALTHY AND UNHELPFUL THOUGHTS THAT MAKE IT HARD TO TAKE CARE OF YOURSELF (I.E., DO THE 3 C's!)

When you are having a hard time or when things aren't going well in your life, you can look at a thought, realize it is not helpful, and change it as soon as possible

- Do the 3C's! (Catch it, Check it, Change it).
- If a thought is not helpful, healthy, or realistic, tell yourself, "This thought is not helpful."
- If a thought is not helpful, change it to another thought—a healthy and positive thought!

### 5. PLANNING TIME

- Schedule time each day where you concentrate completely on things you want to worry about
- Use this time to consider all the things you are worried or feel bad about, then leave the rest of the day free of worry
- "Planning time" can be 10 to 30 minutes long
- For example: If you worry that people might try to stop you from achieving your goals, try to worry about this only during your planning time. Then you can spend the rest of your day focusing on how to accomplish your goals
- Spending all day worrying about something won't stop it from happening and will only stop you from going out and achieving your goals

### 6. MAKE FUN OF PROBLEMS BY EXAGGERATING THEM

- Have a good sense of humor
- Try making fun of your own worries; sometimes that can make you feel better