



UNDERSTANDING THOUGHTS

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

Challenging Unhelpful Thoughts

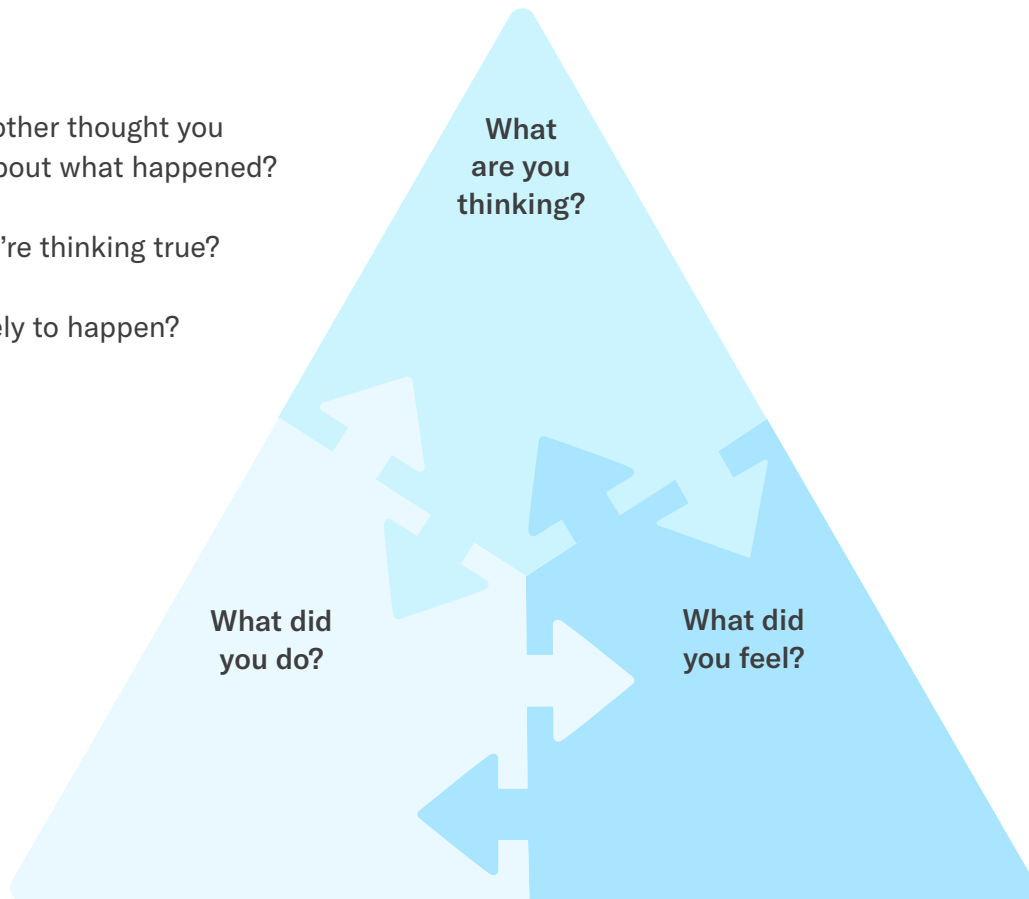
Recognizing and changing unhelpful thoughts takes practice. You can support your students by helping them to identify when they are experiencing an unhelpful thought and encouraging them to practice changing that thought into one that is more realistic or helpful. You can begin with the below activity to practice noticing the thoughts, emotions, and behaviors associated with a specific event:

What Happened?

Is there another thought you can have about what happened?

Is what you're thinking true?

What is likely to happen?



Follow-Up

When you notice how your thoughts are connected to how you feel, you're gathering data about yourself. If you notice that certain ways of thinking are not all that helpful or lead to uncomfortable feelings, remember that you have the power to slow down and consider when there might be other ways of thinking about the situation. The skills reviewed in the additional videos and worksheets of this curriculum can also help!