



From mountain to sea

Educational Psychology Service Managing Feelings and Thoughts



Discussion Tasks

Turning the circle. Remember that making a small change in one area can change the cycle in a more positive direction.



1. Altering Thoughts and Feelings Activity

Try turning red thoughts into green thoughts – you can add some of your own. Children can do this type of activity too.

Red to Green Thoughts

Situation	Red Thoughts	Green Thoughts
Returning an item to a shop	The shop assistant might refuse to take it back. They might think I've worn it and I will be embarrassed	I will be able to choose something I really like. The assistants do this every day and know when an item has been worn
Going to a party		
Giving a talk to colleagues		
Going for an interview		
Joining a gym		
Meeting someone new		

OR



From mountain to sea

It can be useful to realise how much our thoughts and feelings influence our mental health and that different people react to the same situation in very different ways. (This seems obvious, but we often think that everyone has the same feelings and thoughts as us)

Members of the team may want to try and keep a diary for a week, then share if they have identified particular thinking errors and could also share what they did to challenge their unhelpful thoughts. (Only if people are willing to share)

Thoughts and Feelings diary

Situation	Feelings	Thoughts
1.5.20 Sitting at work. Trying to get piece of work finished.	Frustrated. Annoyed with myself.	Why can't I do this? I'm useless. Everyone is managing except me

2. Altering behaviour – small changes can make a big difference

Research has shown that rhythmic and repetitive actions can help soothe stress or anxiety – skipping, swimming, running, deep belly breathing, knitting are a few suggestions, but can you think of anymore?

Research has also shown that the following activities are also very good for us and help us to relax and hopefully keep the wheel going around in a positive direction. They are singing, humming and chanting, yoga, Tai Chi, any gentle exercise, laughing, social engagement.

One piece of research showed that thinking compassionately about others was also beneficial.



From mountain to sea

Ask members of a group to silently say the following in their heads for a few minutes

- May you feel safe
- May you feel happy
- May you feel healthy
- May you live with ease

Heart rates went down and the participants felt more relaxed and less worried. Worth trying to see if it works via the internet!