

HEALTHIER MINDS





Session 5: Challenging and Changing Unhelpful Thoughts

L.I.

- *To learn that our thoughts can be challenged and changed*
- *To learn that it is possible to change the way we think about a situation*
- *To learn that our thoughts are not facts*

S.C

- *I can identify an unhelpful thought and start to challenge it*



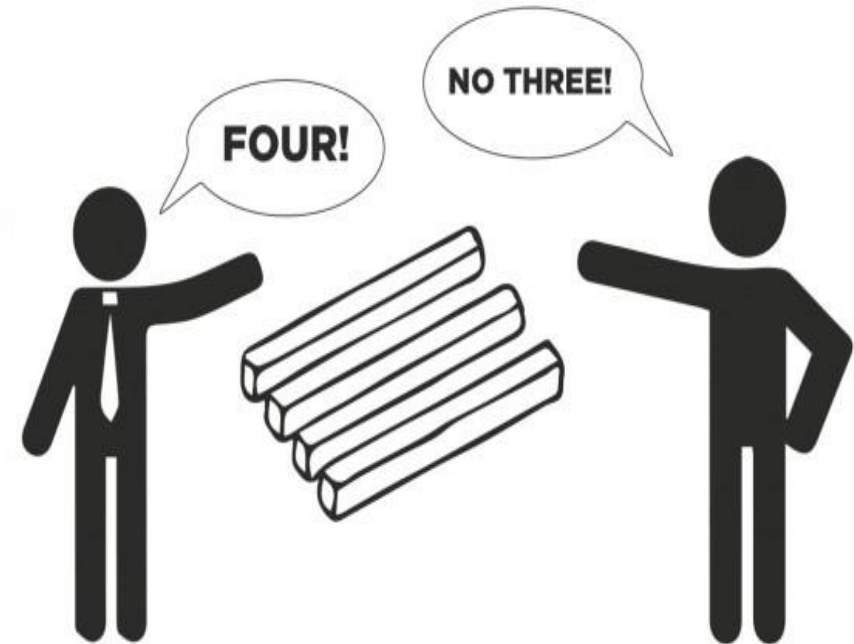
Catching, Challenging and Changing Unhelpful Thoughts

If we can **catch** unhelpful thoughts when they start then we are able **challenge it** so that we can make **changes** to the way we think.

This will help the way we **feel**

AND will help the way we **act or behave**

However, this takes practise, even for adults!





Catch, Challenge and Change

I am NEVER going to meet any new friends



Catch, Challenge and Replace

No one will talk to me at the party



Catch, Challenge and Change

I am going to totally FAIL this maths test and my life will be ruined!!!



Catch, Challenge and Change

I cannot go to school today because it will be a total disaster!



Catch, Challenge and Change

I will never fit into that football team as nobody likes me



Catch, Challenge and Change

My sister hates me



Catch, Challenge and Change

My brother hates me



Catch, Challenge and Change

I am in SO much trouble for not doing my homework



Challenging and Changing Unhelpful Thoughts: Thoughts v's Fact

Your thoughts are just that...YOUR thoughts.

They are not fact.

*It might feel tricky to think this way but it is better to **catch** those thoughts, **challenge** them and **change** them with another thought.*

This takes LOTS of practice, even for adults.



Step One: Catch It!

When you start to wear your Gloomy Goggles, act as a Mind Reader or Catastrophise...

Catch that thought!

Hold it and wait for a few seconds to give yourself time for the next step





Step Two: Challenge It!

Wait!

Ask yourself "Is this real?" OR "Is it just my thought on the situation?"

Is this a helpful way of thinking?

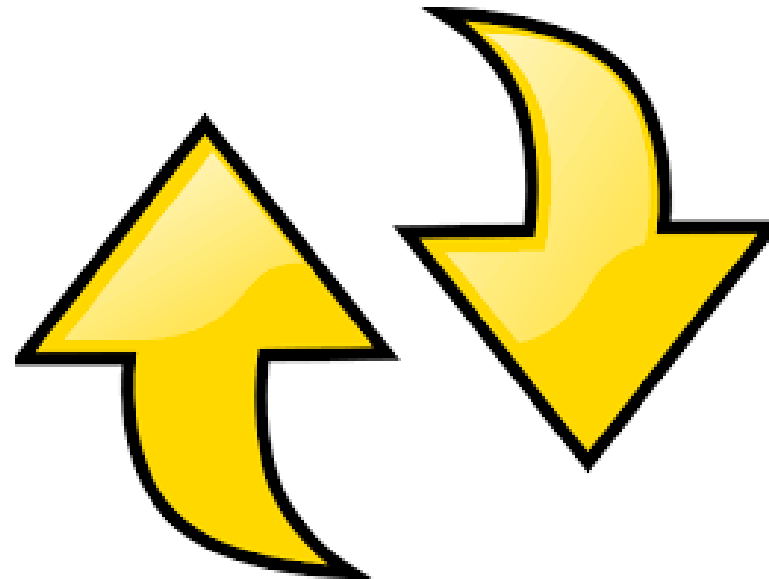
How is this making me feel?





Step Three: Change It!

- *Can you think of a different view?*
- *Can you look at the bigger picture?*
- *What would that sound like if you said it out loud?*
- *Can you see the positives in this situation?*
- *What would you say to a friend?*





Catch, Challenge and Change!

What would you tell a friend?

*Can you create something to share with your friends to help them understand **Catch, Challenge and Change**?*

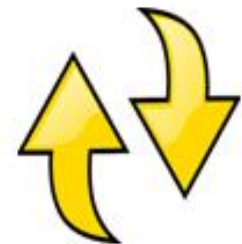
Some ideas might include:

Posters

PowerPoints

Jamboards

What else could we use?



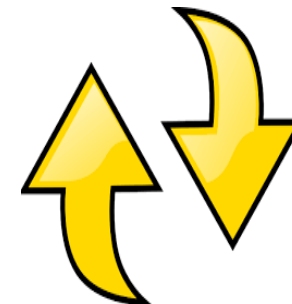


Catching, challenging and Changing Unhelpful Thoughts: a TINY bit of homework

Pay attention to your thoughts

*If you find that you've had a negative thought, **CATCH IT, CHALLENGE IT AND REPLACE IT***

*Try to think of a **more helpful thought** to take its place.*





Any Questions?

