**Coping Thoughts**

* Our brains create lots of different thoughts, so many we can’t even count them!
* Some thoughts might make us feel happy or excited. Some thoughts might make us feel anxious.
* There are times when we *think* that something bad might happen or *think* that we won’t manage something. These types of thoughts can set off our anxiety alarm even though the thoughts might not even be true!
* We can use coping thoughts as tools to try and break the anxiety cycle and bring our anxious feelings down. Coping thoughts can help encourage us to keep going, remind ourselves that we’re trying hard and tell ourselves that we can manage.
* For example;
* “I’ll be OK, I’ve managed in the past”
* “I’m trying my best”
* “It’s OK to feel anxious but I can do this”
* “I’ll use my calm breathing and keep going”