

Coping Thoughts

*“You become what
you think about.”*

Earl Nightingale

Coping is a process and **THINKING** is one of the best tools we have to cope.

There are things that happen that are outside of our control. What we can control is how we respond.

There is a strong connection between what we think, what we feel and what we do.

Positive coping thoughts encourage us and help us cope through distressing times. We can say these encouraging statements to ourselves.

Like any skill, the more you practice your coping statements, the more quickly they will become part of your automatic thought processes.

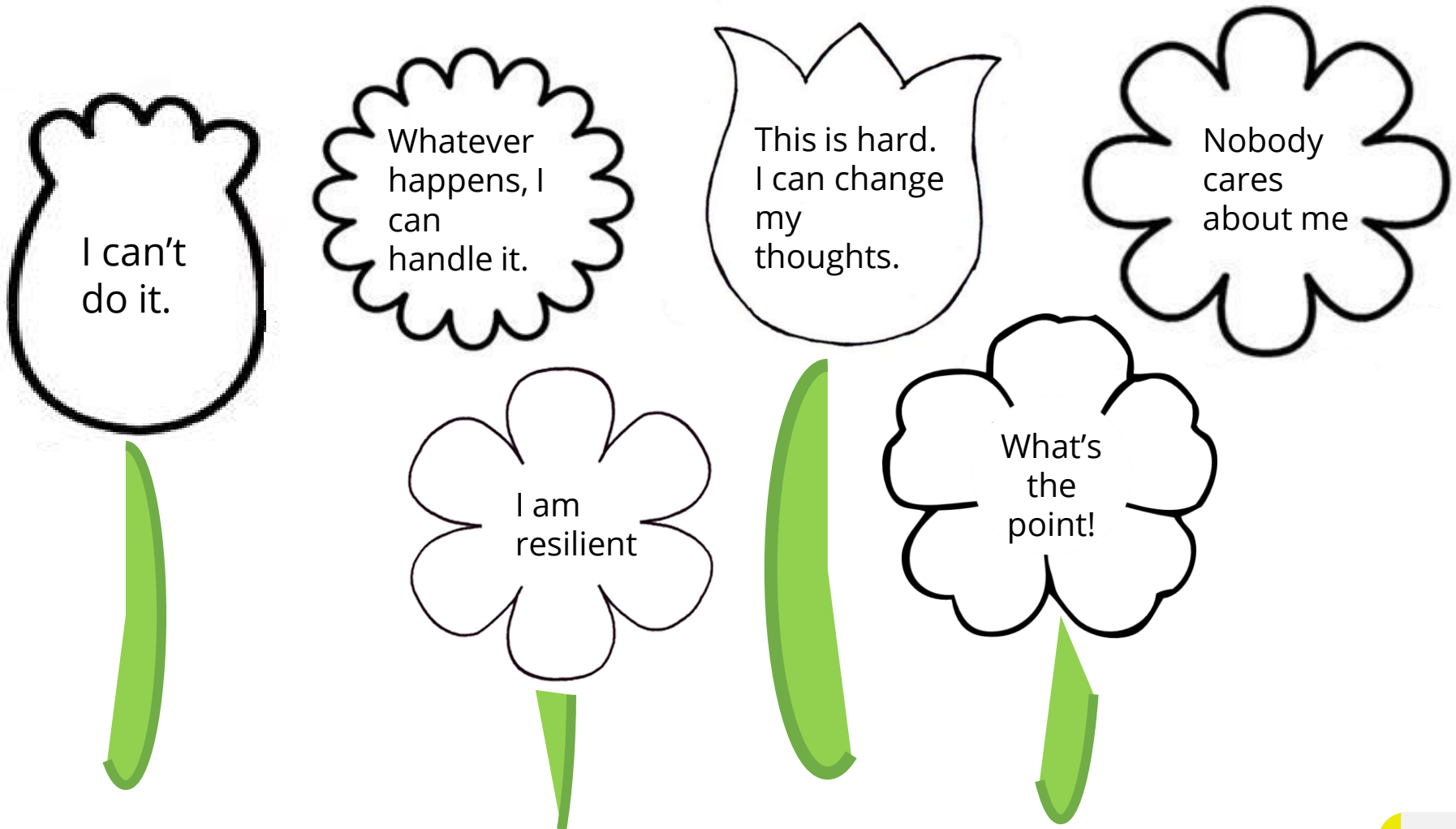
Any good gardener knows that you have to prune back a plant to help it to grow.

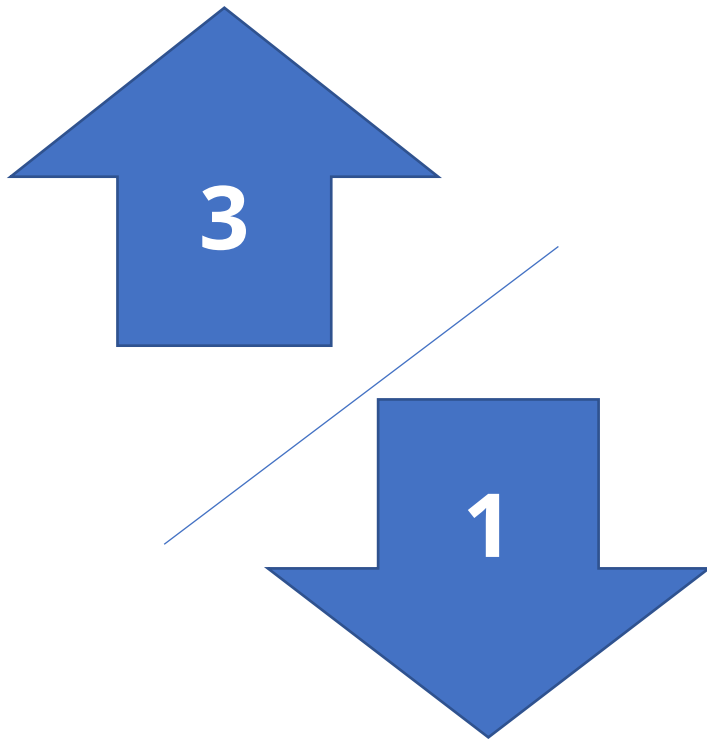
In the same way, pruning our thoughts is essential to declutter our minds, and let go of thoughts that don't serve us.

Your mind is a garden. You can grow flowers, or you can grow weeds.

Pruning & Proliferation

Instructions: Sometimes negative thoughts can make us feel even worse!
Cross off the negative thoughts and colour the positive thoughts.





A ratio of 3 to 1 or higher leads to a clearer sense of wellbeing.

The ratio is a tipping point – spiralling up vs spiralling down.

Top Tip: If you find yourself focusing on negatives, counter this by identifying and writing down three positive things (e.g., what went well today, things you are grateful for, things I am looking forward to.)

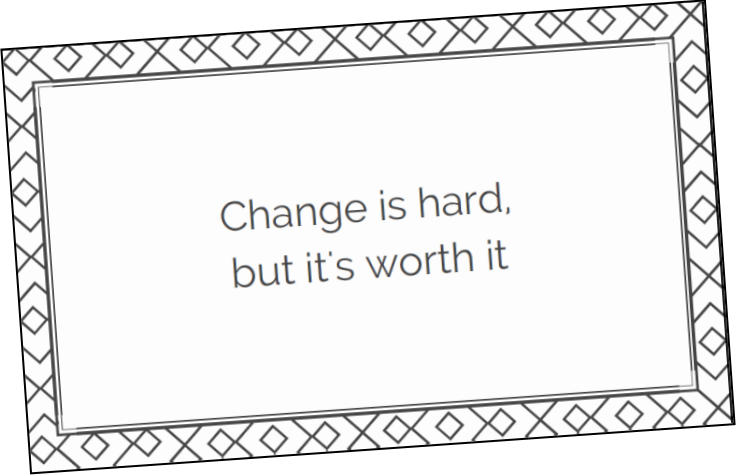
Examples of coping thoughts

I can be anxious/angry/sad and still deal with this.	I'm stronger than I think.
It's okay to feel this way, it's a normal reaction.	I am the type of person who does difficult things.
I can feel bad and still choose to take a new and healthy direction.	Right now, I am not in danger. Right now, I'm safe.
My thoughts don't control my life, I do.	I am strong and I can deal with it.
This situation sucks, but it won't last forever.	I am not alone.
I can think different thoughts if I want to.	I've survived before, I will survive now.
By staying present and focused on my task my anxiety will decrease.	I am safe.
Don't discount the positives.	This feeling isn't comfortable, but I can handle it.
Worry doesn't help.	Step by step until it's over.
Fighting this doesn't help – so I'll just relax and breathe deeply and let it float away.	Feeling tense is natural. It tells me it's time to use coping strategies.
I am going to breathe slowly until I know what to do.	STOP! These thoughts are not good for me.
Anxiety is an old habit pattern that my body responds to. I am going to calmly and slowly change this old habit.	I am more capable than I give myself credit for.

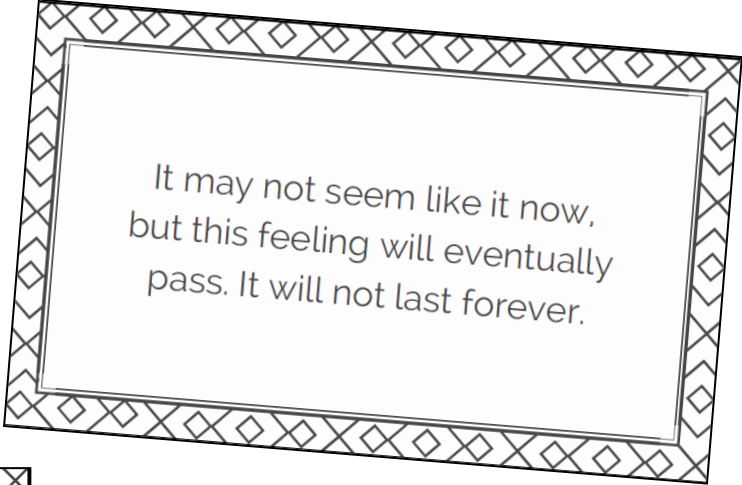
Coping Thoughts

Try and come up with some phrases which remind you:	My coping phrases:
This is a difficult moment.	
You are not alone, other people are struggling too	
Be kind to yourself	

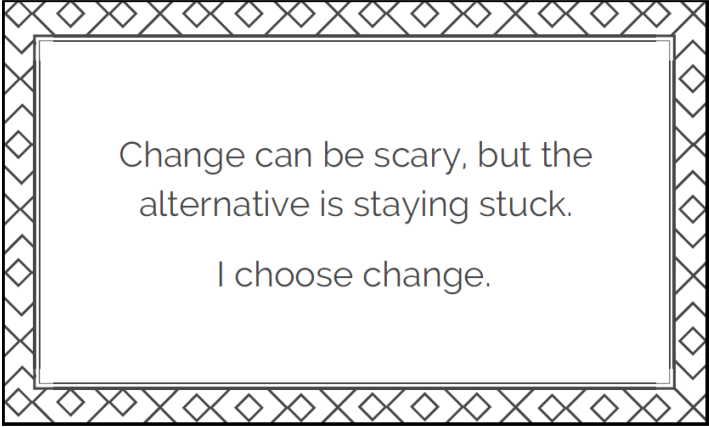
Now practice using the coping phrases you have come up with!



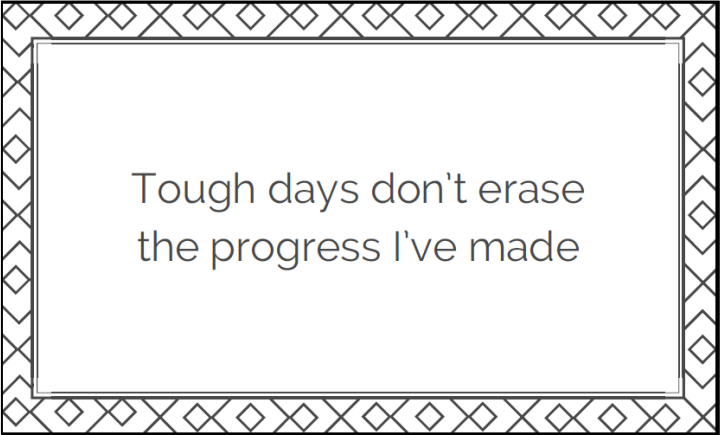
Change is hard,
but it's worth it



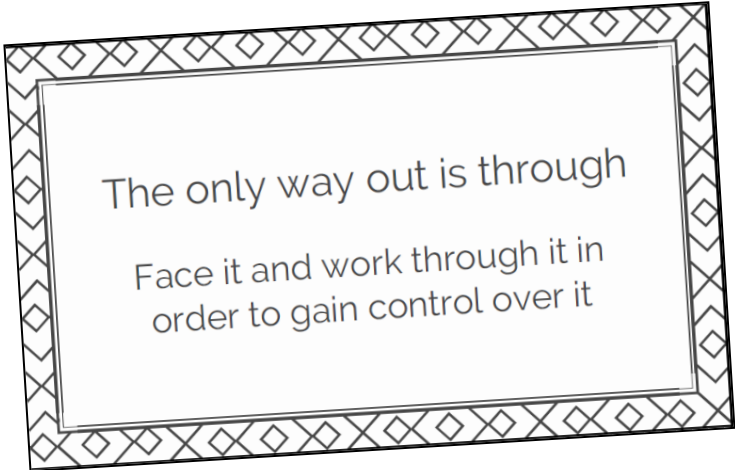
It may not seem like it now,
but this feeling will eventually
pass. It will not last forever.



Change can be scary, but the
alternative is staying stuck.
I choose change.

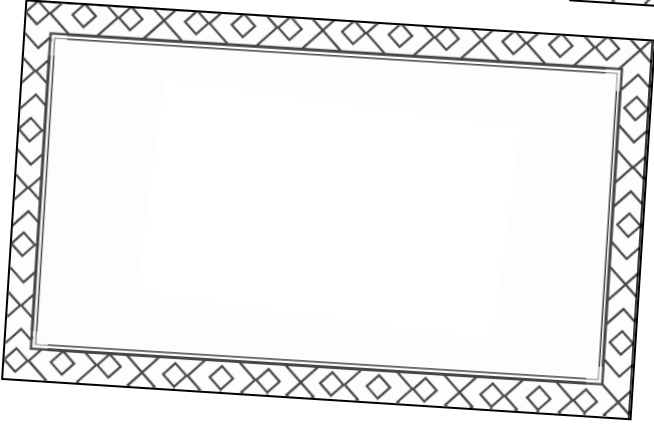
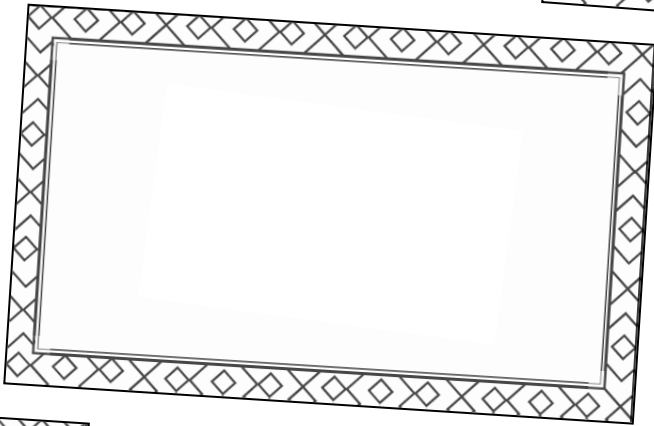
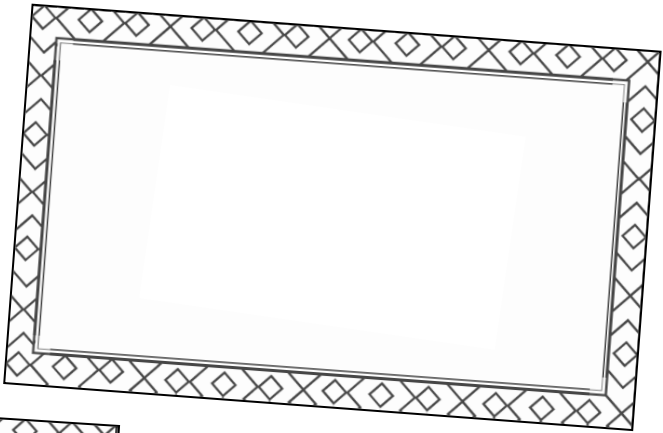
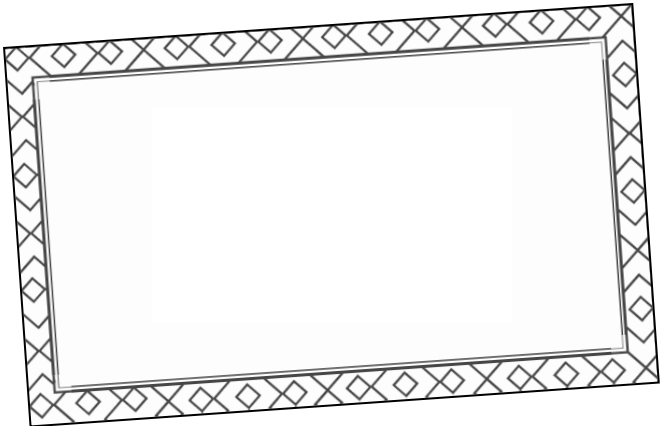


Tough days don't erase
the progress I've made



The only way out is through
Face it and work through it in
order to gain control over it

Favourite coping thoughts:



Coping thoughts
to
replace Worry

COPING

**ATTITUDE IS
EVERYTHING**

I
am
STRONG

