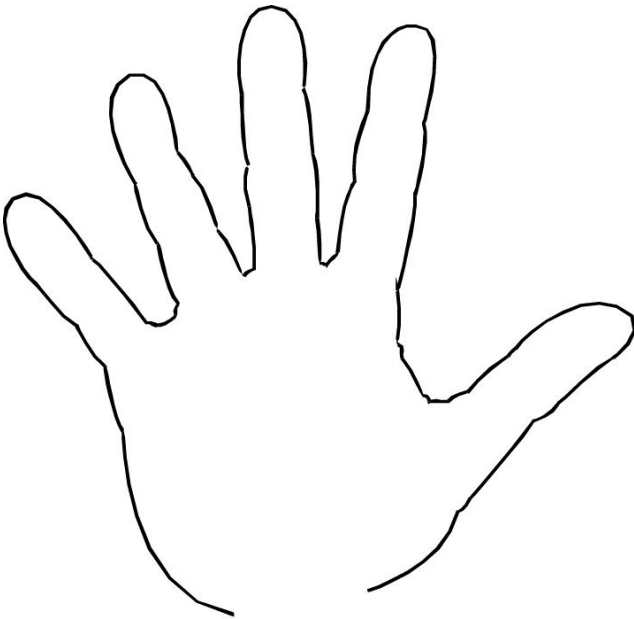


10) Being nice to myself!!

- 1) Writing down what is actually worrying me.
- 2) Identifying what are the facts?
- 3) Thinking about what advice I would give someone else in this situation?
- 4) Considering if there is another way of thinking about this situation?
- 5) Finding someone on my network to talk to.
- 6) Deciding on small steps I can make.
- 7) Making a list of positive things that happen.
- 8) Using distractions to calm me down, music, photos, things to fiddle with.
- 9) Remembering to use the well being check list: Eat well, Sleep well, Exercise, Spend Time Outdoors, Talk to Others.

What can help me...



My Network



**"A LITTLE
PROGRESS
EACH DAY
ADDS UP
TO BIG RESULTS"**

Remember...
Thoughts are just thoughts,
they are not necessarily true.