

WELLBEING AND EMOTIONAL SUPPORT TEAMS



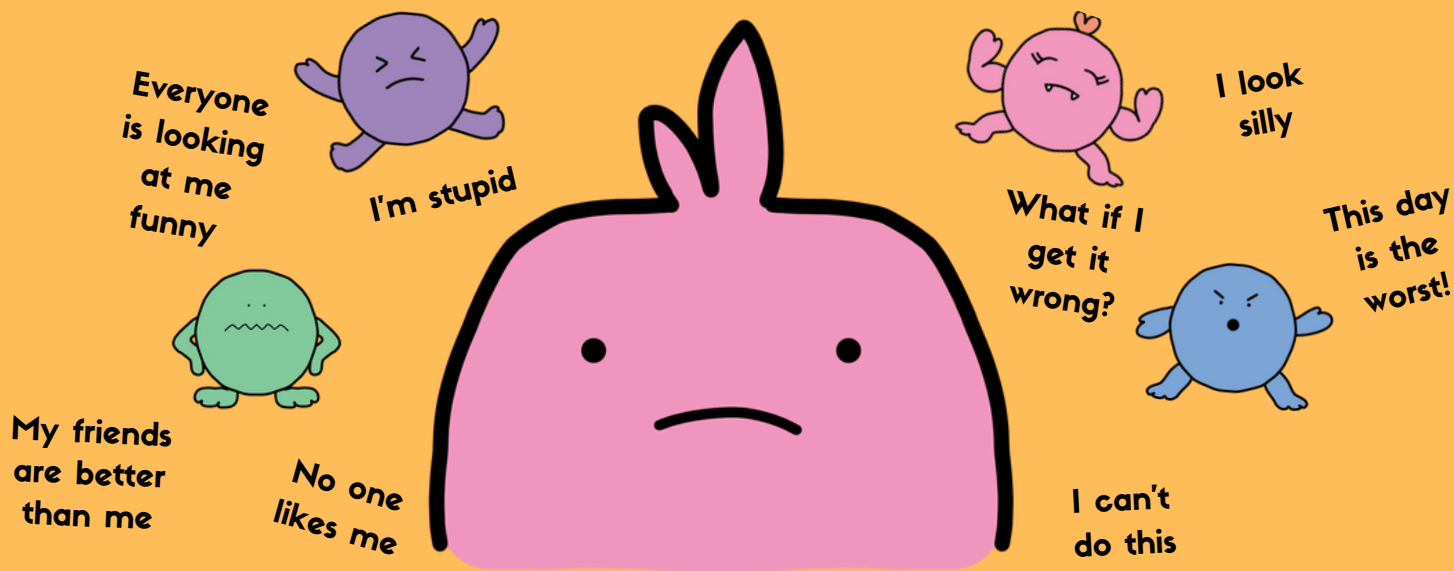
Managing Big Emotions



Negative Automatic Thoughts (NATS)

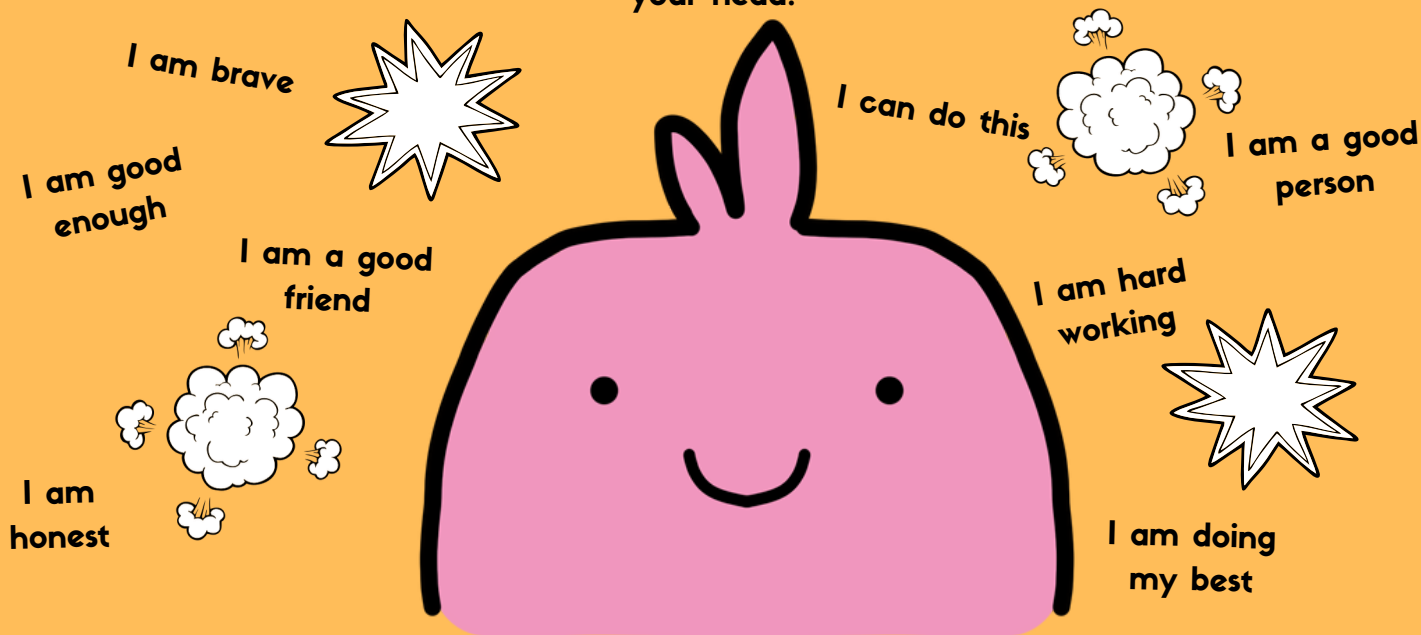
NATS are Negative Automatic Thoughts that pop into our heads and make us think unhelpful and bad things. Everyone has NATS sometimes, but they become a problem when they start to make us feel bad a lot of the time and stop us from doing/enjoying things.

When we have a problem with NATS, we think lots of bad or negative things and these thoughts seem to appear from nowhere and happen a lot!



What thoughts do you have when you have a NATS problem?

It's important to know about NATS because, once we know about them, we can start to get rid of them. Try to think of positive and good thoughts when you notice a NAT has popped in to your head.



It's all linked

Thoughts

Fight back against your NATS and think more positive thoughts

Do

Do more and get more from life

Feelings

Feel better, happier and calmer

Unhelpful Thinking

Unhelpful and negative thinking habits can lead to negative feelings without us even noticing. The first step in changing negative thoughts to more positive ones is to become more aware of what we think. Everyone has unhelpful thoughts sometimes but it's when they happen all of the time that they can have a negative impact on our mental health.

Which unhelpful thoughts do you recognise?



predictions



I make negative predictions about what might happen in the future even though I have no way of knowing this.



judgements



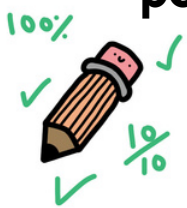
I make judgements about things even though there is no evidence or facts to back this up.



catastrophising



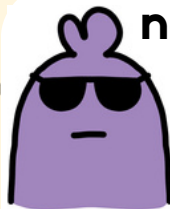
I always think that the worst thing or that something really bad is going to happen.



perfectionist



I put a lot of pressure on myself to do well and set unrealistically high expectations for myself.



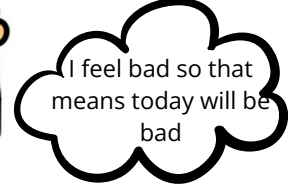
negative glasses



When I have my negative glasses on, I only see the bad things and don't notice any of the good things.



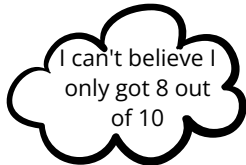
feelings



If I notice negative feelings in myself or by body, I automatically think that it means something bad is happening.



mountains & molehills



I tend to take more notice of the negative things in a situation and down play the positive things.



memories



Some things trigger my negative memories which makes me think something bad will happen again now.



black&white thoughts



I usually think things are either really good or really bad with nothing in between.



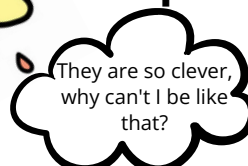
mind reading



I assume I know what other people are thinking and this is usually negative things about me.



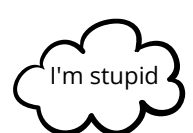
compare & despair



I notice positive things about other people but then compare myself negatively to them.



self critical



I am very critical of my own abilities and about myself.

Do you have a Brain Bully?

A Brain Bully is a bully that lives in our minds and tells us negative and nasty things which can make us feel sad, worried and distressed. This can stop us doing certain things or getting the most from life. Just like any bully, you shouldn't have to put up with a Brain Bully!

You're stupid
You're not good enough
Those people are talking about you
You will fail
Others are better than you
If you don't move that thing, something bad will happen

Everyone's Brain Bully is different and will tell us different things.

What does your Brain Bully look like and what does it tell you?



Stand up to your Brain Bully

The things Brain Bullies say to us are usually negative **OPINIONS** and are not based on facts or evidence. We can therefore stand up to our Brain Bully by thinking about the **FACTS**.

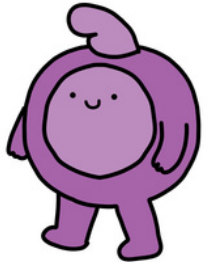


Opinions

You will fail
Others are better than you
They looked at you funny

Facts

I have revised and will do my best
Everyone is good at different things
They were just looking in my direction and if they did look at me, why does it matter?



Challenge your Brain Bully

We can also challenge our Brain Bully by testing out whether the things it says to us are true or not. We can do this using **EXPERIMENTS**.



- Brain Bully: If you don't put that pencil straight, something bad will happen.
- Experiment: I left the pencil where it was and didn't do what my Bully told me to.
- Results: Nothing bad happened.
- Use the results to challenge the Bully in the future: I don't need to move the pencil because nothing bad happened last time. Brain Bully, you're wrong!

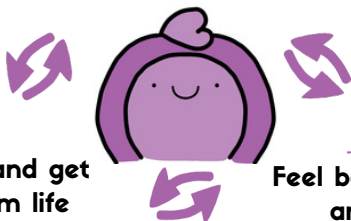
Plan your own experiments to challenge your Brain Bully.

It's all linked

Thoughts

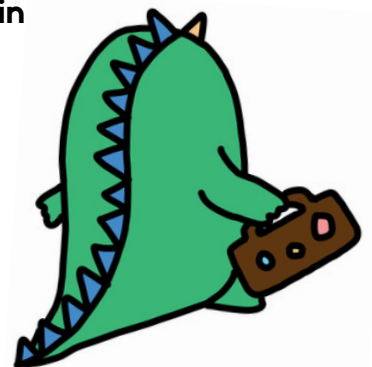
Stand up to and challenge the Brain Bully and think more positive thoughts

Do
Do more and get more from life



Feelings
Feel better, happier and calmer

Stand up to your Brain Bully's opinions by thinking about the **facts** and use **experiments** to challenge your Brain Bully. By doing this, you can send your Brain Bully packing!



What Matters to Me

It's important to understand and recognise your values and what things matter to you in your life. This helps to plan time to do the things that matter to you and therefore have a better balance of activities in your life.

About Me:

The things I enjoy doing/find fun:

What Matters to Me

What I enjoy learning about/what I want to do in the future:

Who Matters to Me

Family who are important to me:

Things I do to take care of my self:

Things I do everyday which help me feel happy:

Friends who are important to me:

The things I do which help me relax/feel better:

Things I feel strongly about that matter to me:

Anyone else who is important to me:

Anything else that matters/is important to me:

My List of Meaningful Activities

When we feel low in mood, it can be difficult to plan activities or know what we can do to help us feel better. By creating a list of meaningful activities, it is much easier to choose something to do and make a plan to do it. There are some ideas here which you might want to put on your list but the most important thing is that your list is YOURS - it should be full of things that YOU enjoy doing.



- Draw or create something
- Go for a walk/jog
- Play a game
- Watch favourite movie/TV show
- Take a relaxing bath
- Do some yoga
- Play with a pet
- Read a book
- Video call/chat with a friend
- Bake a cake
- Meditate
- Lay in the sunshine



- Listen to music
- Play an instrument
- Make a meal
- Write in diary/journal
- Go to the cinema
- Go swimming
- Meet with friends
- Go shopping
- Make new friends
- Start a new hobby
- Knit/crochet
- Take dog for a walk



- Make a healthy snack
- Do some exercise
- Spend time with family
- Visit somewhere new
- Go to the beach
- Go out for a meal
- Have a hot chocolate with a family member
- Visit family



- Make a gift for someone
- Go on a bike ride
- Take some photos
- Go for a picnic

- Do some colouring
- Play some football
- Watch a sports game
- Join a group/class
- Rearrange/organise my room
- Do some gardening
- Go to the park
- Go somewhere new with family
- Write a book/poem/short story



- Plan a trip
- Do a jigsaw
- Dance or sing
- Get dressed up nice

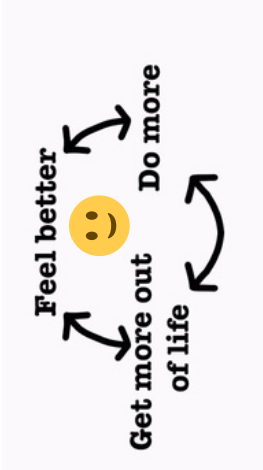
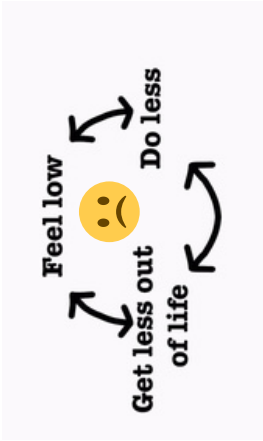
Try to make sure your list has a good mixture of different activities (for example, make sure there's a mix of things you can do with others and things you can do alone, things you can do inside and things you can do outside, things that can be done easily and things that need more planning). This way, you will always have something you're able to do.

My List

A large, empty rectangular box with a purple border and rounded corners, intended for a list.

Activity Planner

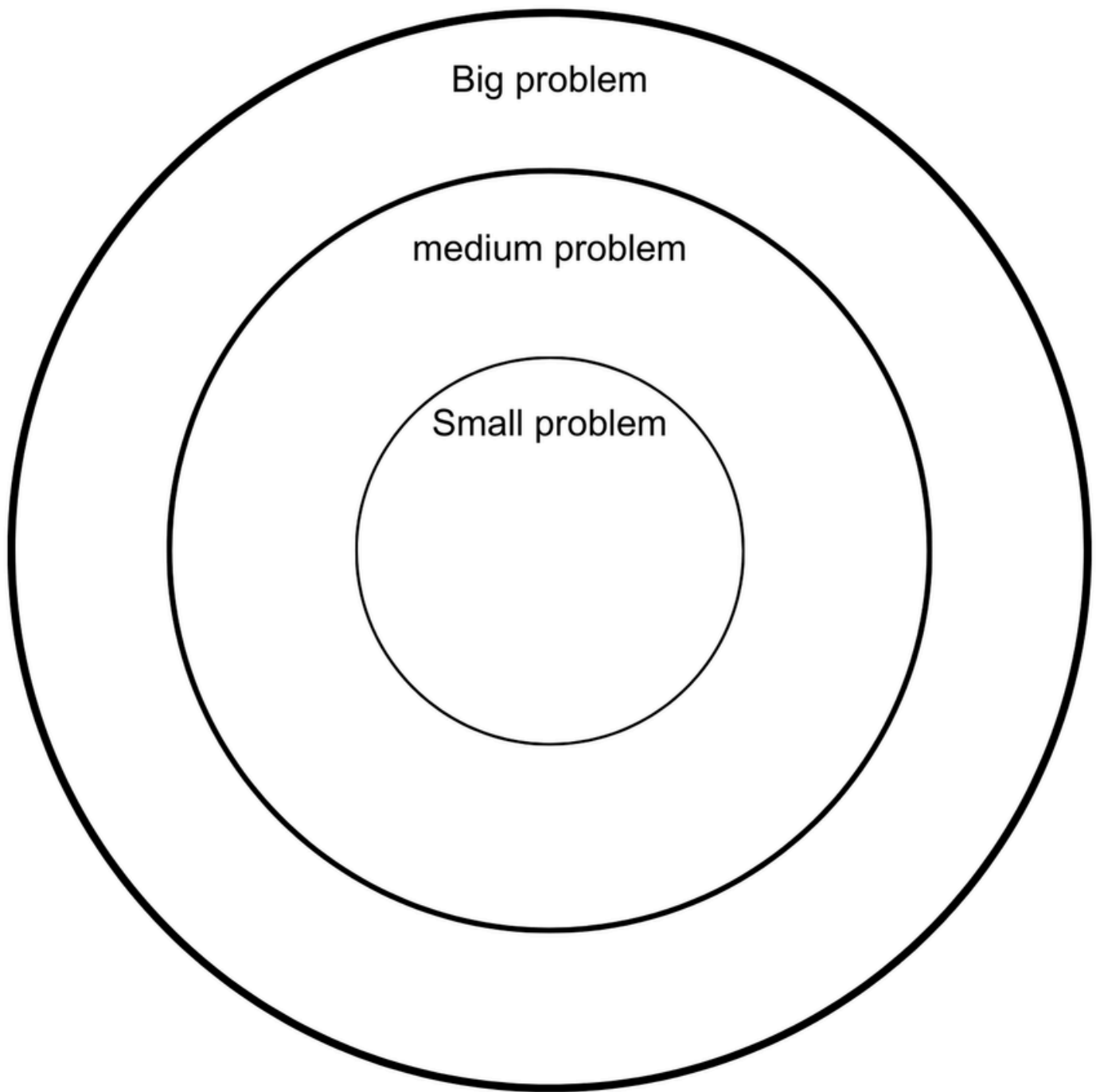
When we are feeling low, it is important to plan and do activities that we know help to lift our mood. This way we can start to break the negative cycle and change it to a more positive one. Make some realistic and achievable plans using the table below.

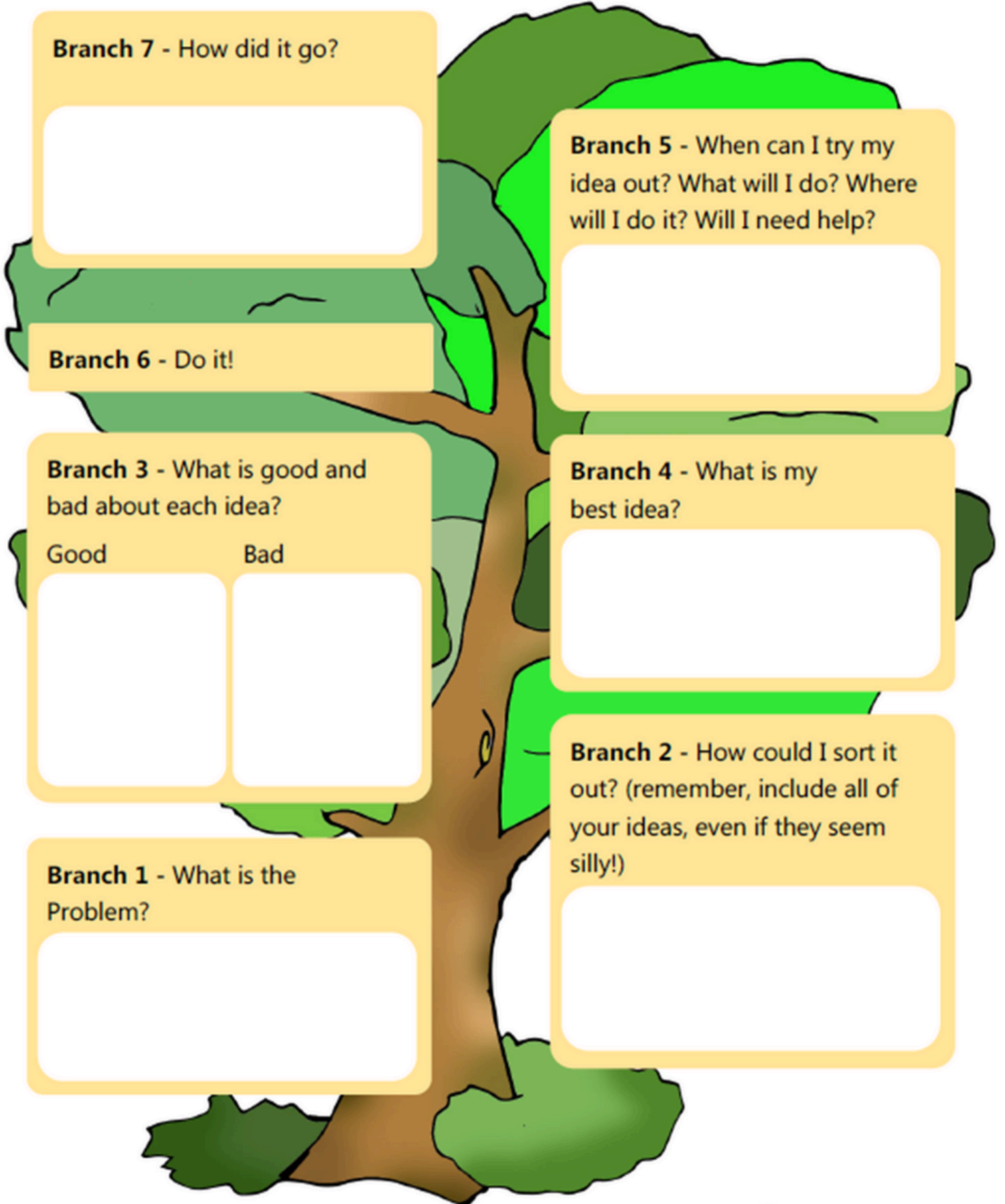


Day Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Remember!
Follow the plan, not the mood!

My Support Network





Branch 7 - How did it go?

Branch 6 - Do it!

Branch 3 - What is good and bad about each idea?

Good

Bad

Branch 1 - What is the Problem?

Branch 5 - When can I try my idea out? What will I do? Where will I do it? Will I need help?

Branch 4 - What is my best idea?

Branch 2 - How could I sort it out? (remember, include all of your ideas, even if they seem silly!)



Mobile phone safety



Using our phones and social media can make us feel anxious, sad or overwhelmed sometimes.

Top tips to help you stay in control:

- Get help from a trusted adult if you see something upsetting
- Try unfollowing or muting accounts that make you feel bad about yourself
- Remember that what you see isn't always real
- Forget about 'likes'
- Be nice to other people
- Decide when you want notifications
- Stop scrolling and do something else for a while

Rewatch The Group Chat video on YouTube



The Group Chat | Bullying | I Got You | Childline

Who else can help?

- School
- The CAMHS WEST Team www.camhs.hacw.nhs.uk/west
- GP
- Starting Well Partnership (Worcestershire)
<https://www.startingwellworcs.nhs.uk/> offer a range of support and will have lots of information about services available
- Early Help in Herefordshire
<https://www.talkcommunitydirectory.org/children-and-families>
- www.youngminds.org.uk information and tips for parents and young people

The Kooth logo features the word "kooth" in a bold, black, sans-serif font. To the left of the text are two stylized speech bubble icons, one above the other.

www.kooth.com



<https://luminova.app/>

The YoungMinds logo features the word "YOUNGMINDS" in a bold, sans-serif font. The word "YOUNG" is in yellow and "MINDS" is in black.

www.youngminds.org.uk

The Childline logo features the word "childline" in a bold, blue, sans-serif font.

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www.calmharm.co.uk



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