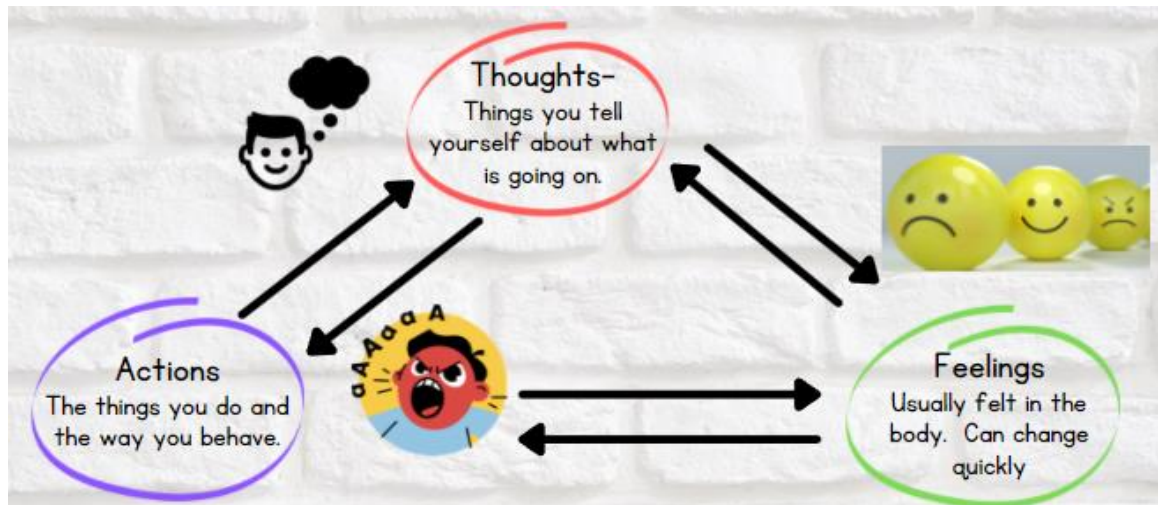


Positive Mindset Programme



- Thoughts- your mind likes to create stories to explain what is happening.
- When your body feels a feeling, the mind creates a story to explain that feeling.
- The way you think about yourself will influence these stories.
- We often react to the way we are feeling. This is because our mind and body are connected.
- When we feel scared or panicked, our mind warns the body and tells it to prepare for 'fight or flight'.
- Our mind isn't able to work out what is real and what is just a thought. So, if you think about an unhappy thought, it alerts your body to be prepared for trouble. Your body floods with hormones making it more difficult to control your actions.
- After we have taken action or 'reacted' to a situation, we start to think about how we acted.
- This can often lead us to overthinking or feeling negatively about ourselves.
- This then creates a negative feeling and the loop goes on...

Tool Box Top Tip

Sometimes we don't realise our mind is feeling overwhelmed and our body tries to tell us. Look out for -

- Feeling hot
- sweating
- Fast heart beat
- Shaking
- Feeling sick

Let's take a look at this in action...

1. It's Monday morning and you wake up feeling a bit grumpy.
2. Your mind looks for reasons why you must be feeling grumpy and decides it's because- it's Monday, you have Science today, your class are annoying, your teacher is more annoying and you'd rather stay in bed.
3. Within seconds you are even more grumpy having thought of all these reasons why today will be a bad day.
4. You go downstairs and shout at the dog for getting in the way.
5. You feel guilty for shouting at the dog and so the day goes on.

Flip the script

Imagine if at stage 2 you had realised that you just felt grumpy and rather than thinking of all the reasons to be grumpy you could look for things that were good about the day? How might your day be different?