

Shifting Thoughts

Shifting our negative thoughts into positive ones can be a great coping strategy to help us improve our mental health. Sometimes having lots of negative thoughts can feel like carrying heavy bricks, which can weigh us down.

Negative thoughts can make us feel sad, worried, anxious or even unconfident. Shifting our negative thoughts into positive ones can make us feel happier and free like butterflies!

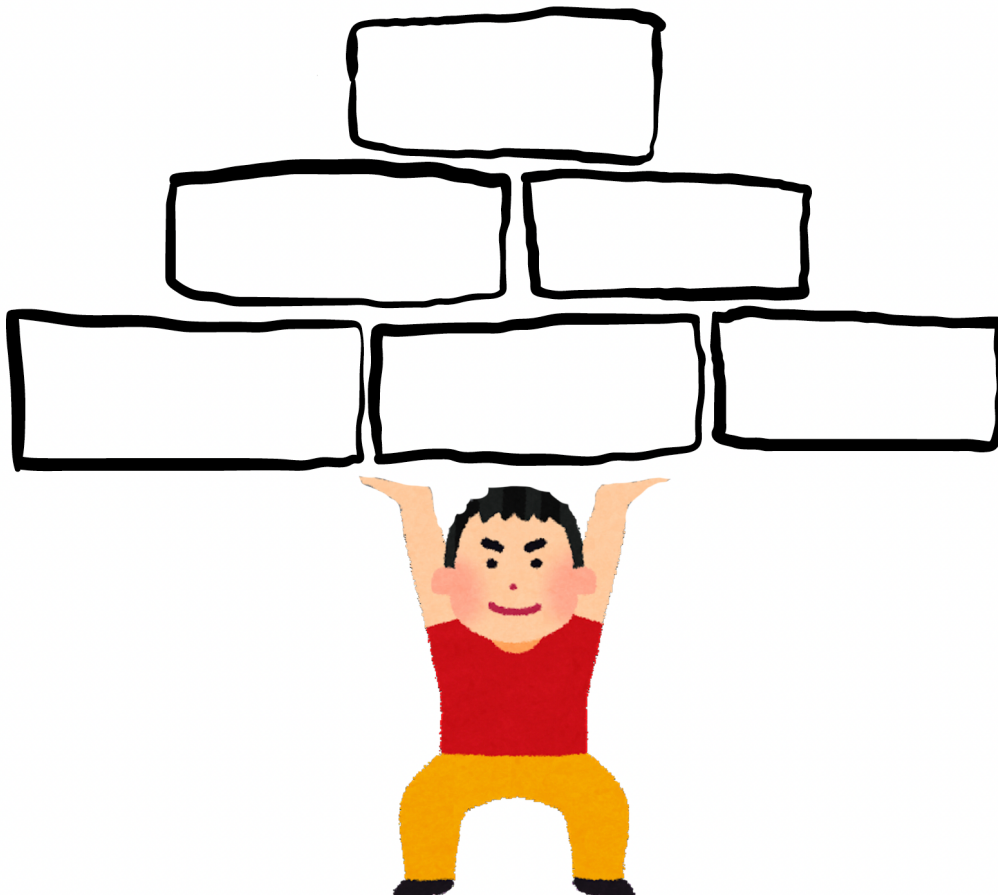
Have you tried shifting:

“I can’t do this” **to** “I can try my best”

“I always mess things up” **to** “I make mistakes, but that’s how I learn and grow”

“Nobody likes me” **to** “The right people will appreciate me for who I am”

Write your negative thoughts in the bricks below:



Write your positive thoughts in the thinking bubbles below:

