Positive Thinking.

Mrs Davies.

Our Brain, Our Superhero.

Our Brain is our superhero, but we have to train it hard to ensure it is working at it's best to help us.

Sometimes, our brain will think it is under threat, even if it's not, and when it feels there is a problem, it will alert our emotions to help.

When our emotions are alerted, feelings in our body will change. We have to recognise those feelings so that our brain can help us feel strong again.
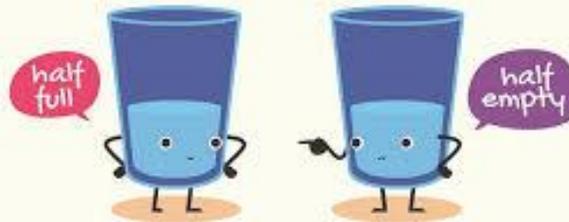
Our Thoughts and Emotions.

Our feelings can change from day to day or even from moment to moment.

The way we think about something can change the way we feel about it.

Fight, flight or freeze.

The superhero part of our brain can act quicker than our thinking part.

This is because when humans had to hunt, our brain had to keep us safe. When faced with danger, like a tiger or an alligator, the brain kicked in and automatically made us Fight it, run from it (flight) or stand still (freeze).

Nowadays, we don't need to run from wild animals, very often, but that part of our brain is still there. So, it acts when it THINKS it is in danger.

https://www.anxietycanada.com/articles/fight-flight-freeze-anxiety-explained-for-kids/
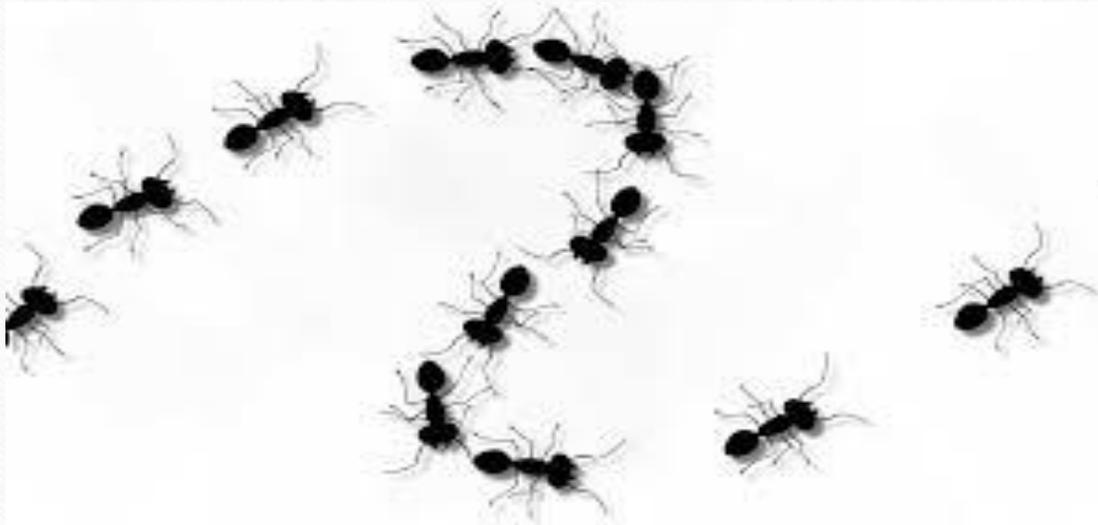
ANTs in our Pants.

ANTs in our pants.

ANTs are Automatic, Negative Thoughts. ANTs can appear from nowhere. They can be negative, unhelpful, sad or angry thoughts. Some people have more than others, some people have them more often than others, but we all have them. They can make us feel horrible.

Negative thinking.

Using words like 'never' and 'every' or 'always' are negative ways of thinking.

"I'm never going to be able to do it!"

"Everyone else can do it.!

"I always get left out."

When we use these words, our brain feels like it is failing at something, even if we are not, so it alerts our SAD or ANGRY emotion.

When these emotions are alerted, our body and our feelings change.

Mind reading.

Have you ever felt like you are reading someone's mind. You know what they are thinking even though they haven't said it. This is Negative thinking.

You think you know what someone else is thinking, It's about you and it is NEVER nice!

"I know they don't like me, I bet their going out together and not going to invite me!"
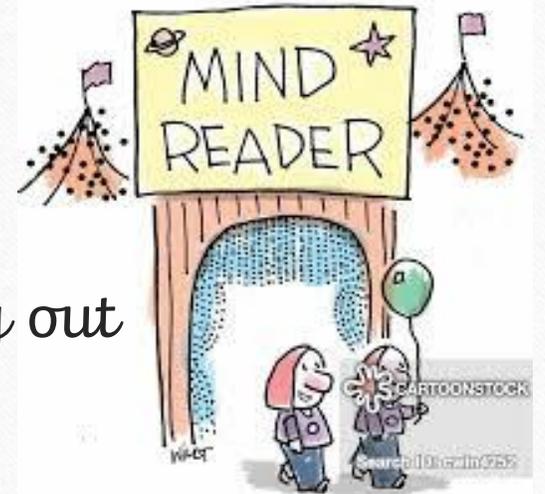
I should have or I could have…

'Coulds' and 'Shoulds' make us feel GUILTY for something that we feel we should or could have done. Thinking about something that we can't change is never helpful. It is in the past and that's where it should stay.

Giving too much thought about something that has already happened will stop us being strong enough to deal with things NOW!

Taking things to heart.

People are not always thinking what you think they are and they're not thinking about you as much as you imagine.

If a friend is having a bad day, being unkind or is in a bad mood, they may have something else on their mind – it is probably nothing to do with you.

"They're not my friend because they don't want to play with me!"

This might be hard to hear, but not everything is about you!

Blame.

Don't blame others for your problems and don't blame yourself for others!

Don't blame yourself for things out of your control.

You are responsible for your own actions, feelings, thoughts and behaviour.

Out of proportion.

Sometimes our brains can make a situation much bigger than it needs to be or think that the worst will happen.
Using 'What if' to describe a situation, that hasn't even happened yet, can make us feel anxious, worried or scared, unnecessarily, before we have even experienced it.

This means, that if the unthinkable does happen, we haven't got the energy or strength to deal with it.

" What if I fail?" "What if I can't find any more friends?"

And if it does not happen, we have wasted happy times worrying about something that NEVER happened at all.

Stop ANTs in our pants.

If we can recognise those negative thoughts, then we can start to question them and fight back and hopefully stop our emotions taking over!

When we begin to have a negative thought, we can ask ourselves;

- Is this true? What evidence have I got?
- Is this thought helpful?
- Is there another way of looking at this? Or another explanation?
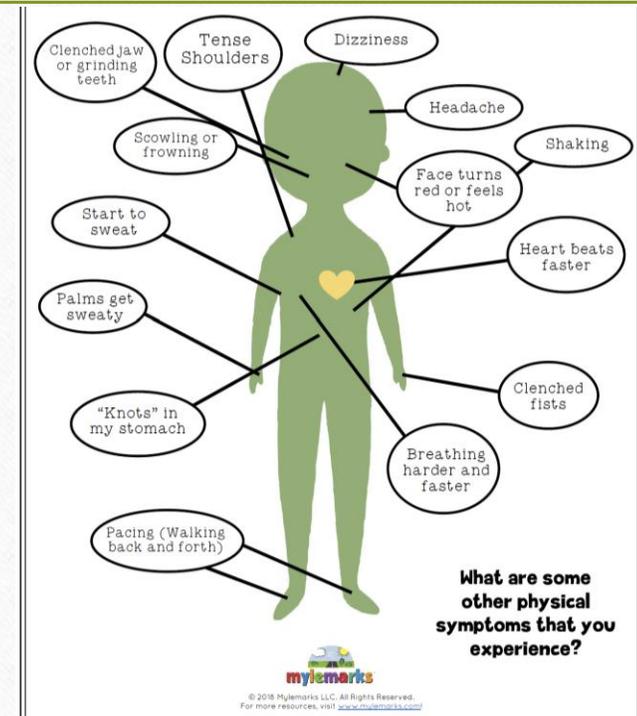- What advice would I offer someone else?

How can we recognise when our emotions are taking over?
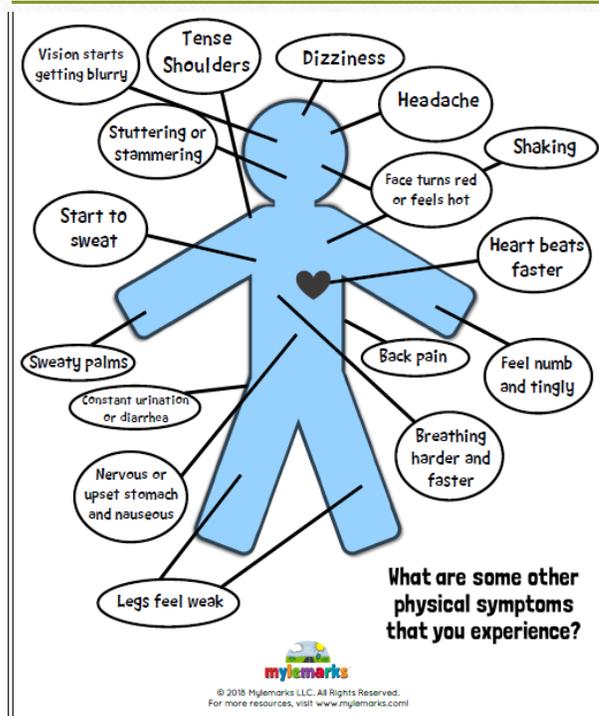
Our body will begin to change when our emotions have been alerted.

Do you recognise any of these feelings?

We are stronger than our thoughts!

What can we do?

✓ Talk to someone. Keep connected and don't feel alone.
✓ Exercise. Walk, run, stretch and keep active. Go outdoors.
✓ Give to others. Give your time, it doesn't have to be a gift.
✓ Learn a new skill. Read a book. Do something different.
✓ Be in the moment. Be mindful.
✓ Eat well, sleep well and stay well.

For more help and ideas:

https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html

https://www.bbc.co.uk/teach/five-reasons-why-recognising-emotions/z7gxjhv

https://resources.evertonfc.com/evertonfc/document/2020/04/08/345b3250-cf22-4d66-a957-aaf28548b59d/mindhealthy-at-home.pdf