

Overcoming Negative Thoughts

Monitor your thinking- BE AWARE!

Surround yourself with positive people.

Make a list of the things you are grateful for.

no
negative
thoughts
allowed

be positive

Smile- you never know who will smile back.

Positive self-talk- remind yourself how awesome you are.

Sing- it's a great stress reliever!

THINK
Positive

NEGATIVITY

Read positive quotes- as a reminder to stay positive.

Meditate, or try yoga!

Kill negative thoughts quickly- never say never.