

Helpful Thinking

How we think about things and what we say to ourselves can affect how we feel and how we cope with situations. Sometimes it's hard to stay positive. For example, when you're tired or stressed.

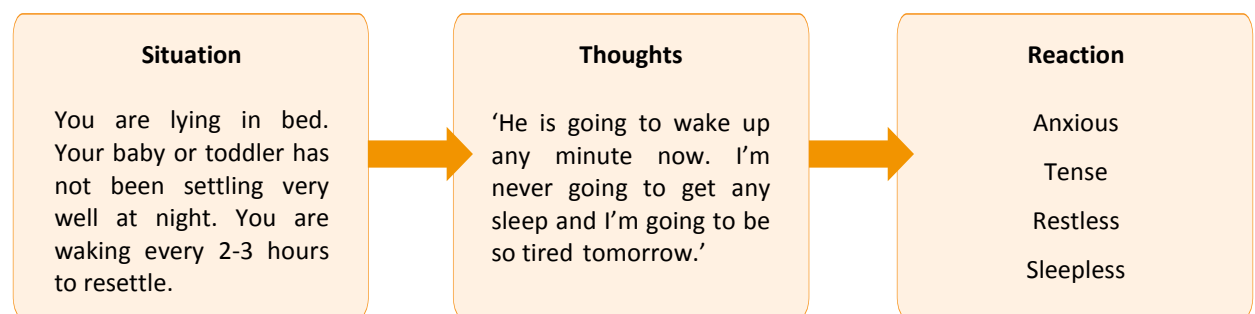
Unhelpful ways of thinking can creep in and **drain your energy**.

Even when faced with challenges, **realistic and helpful thinking can energise you**.

Here are some examples of how unhelpful and helpful thinking can affect how you react to situations.

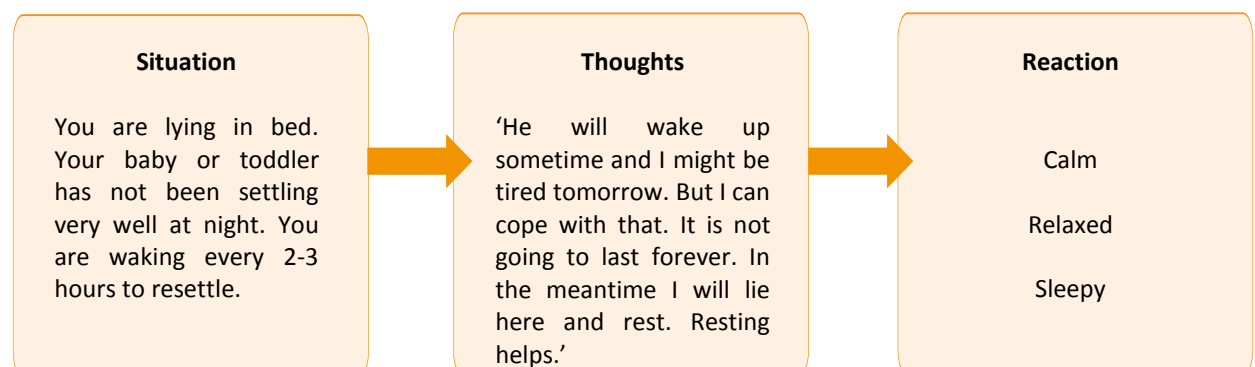
Example 1

Unhelpful Thinking



Helpful Thinking

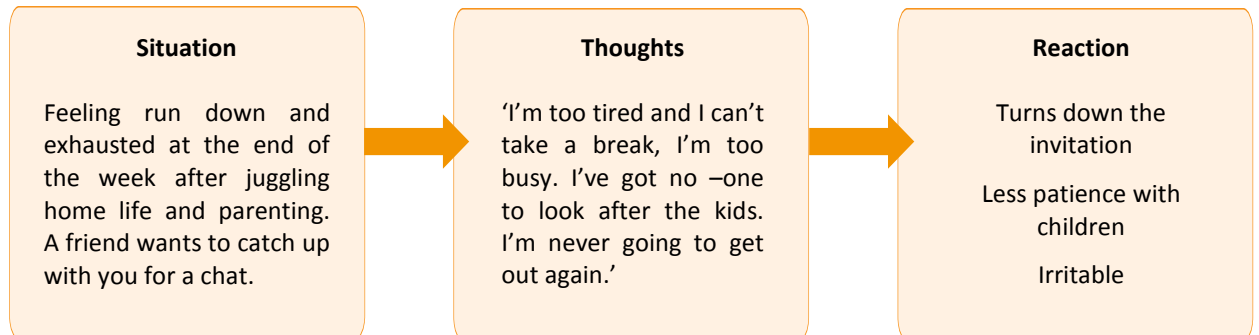
In the same situation, **changing how you think about the situation can lead to better reactions**.



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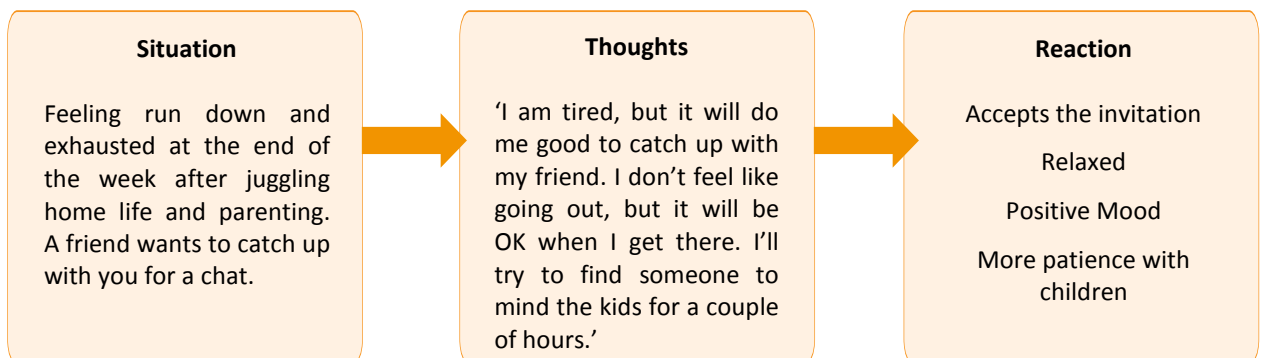
Example 2

Unhelpful Thinking



Helpful Thinking

In the same situation, **changing how you think about the situation can lead to better reactions.**



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