

MENTAL  
HEALTH

IS JUST AS IMPORTANT AS

PHYSICAL  
HEALTH

# PSHCE Bulletin

## Combating Negative Self Thoughts

Welcome to your PSHCE Bulletin, Monday 27th April, 2020.

Last week I mentioned optimism. It's an important aspect of maintaining our mental health in that it helps us to think the best of ourselves and others. However, NATs (Negative Automatic Thoughts) can make that hard and they affect us all. These thoughts pop into our heads and can be really hard to ignore and even harder not to believe. When NATs strike try challenging them by asking:

- Is this thought helpful?
- Is this fact or opinion?
- What evidence is there?
- What advice would I give a friend?
- Is there another way to see this?
- How would someone else see this?

Just telling someone to not think about it doesn't help. Don't think about pink elephants! You thought about pink elephants didn't you? It's almost impossible to get rid of thoughts as our brains will naturally think of the thing we're trying to not think about. Now think of a blue rhino... did the pink elephant disappear? It's a lot easier to replace a thought than it is to get rid of a thought. If you are experiencing NATs you can create a positive mantra which you can think about instead.

This week's PSHCE session is about valuing yourself and what you makes you unique. Having good self-esteem can help us to be more resilient in the face of difficulties. In the current situation you might be relying a lot on social media to stay in touch with friends and family. But sometimes social media can have a negative effect on our self-esteem so it is worth keeping an eye on how you are feeling about yourself.

Be well. Stay healthy.

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### Useful Links and Contacts

Try the Ambassador of Happiness, Action Jackson <https://www.youtube.com/Actionjacksonlive>

And his catchy tune Happy 365 - <https://www.youtube.com/watch?v=qiZxcrjTEyU>

PE with Joe Wicks - <https://www.youtube.com/watch?v=3Z05939ZMbE>

Yoga with Adriene - <https://www.youtube.com/watch?v=0eJoUIBhLkE&t=167s>

Mindfulness - <https://www.mindful.org/how-to-practice-mindfulness/>

Childline - [www.childline.org.uk](http://www.childline.org.uk) Phone: 0800 1111

Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)

Kooth - free, safe and anonymous online support for young people <https://www.kooth.com/>

Well-being resources on the school website - <https://www.thomastallisschool.com/schoolclosuresresources.html>

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# 7 Ways to be More Optimistic

by @inner\_drive | [www.innerdrive.co.uk](http://www.innerdrive.co.uk)

## See setbacks as temporary

Viewing your setbacks as permanent makes you more likely to give up. See them as a learning curve and resolve to come back better because of them.

## Regain a sense of control

What can you do to improve the situation? Focusing on this leads to more possible solutions, less problematic barriers and more action.

## Don't over-generalise

After a disappointment, it is easy to think that everyone and everything is conspiring against you. Compartmentalise. A setback in one aspect of your life does not make you a failure in others.

## Watch out for key phrases

Phrases such as "I will never", "I always mess up" and "This happens every time" after a failure are not helpful. Use phrases like "I might be able to" and "I could try this".

## Shift your focus

It is tempting to focus on things you can't change. This can lead to stress and frustration as it is out of your hands. Control the controllables.

## Take a balanced approach

Regardless of success or failure, there are always things that you did well and things you can do to improve. Build a stable base from which to learn.

## Acknowledge your own contribution

Don't always put your success down to luck or other people performing worse than you. Build your optimism by reflecting on how you contributed to your successes.

