

STRESS IN CHILDREN AND ADOLESCENTS

Practical Mental Patterns

- Awareness of Automatic Thoughts
- Argue with Your Negative Thinking
- De-Catastrophize Your Thoughts

Slow Down Runaway Thoughts

- What is the Evidence for my negative thoughts about why this is happening?
- What is the Evidence against those “automatic” negative thoughts
- What are some other ways of seeing this situation?- What is the worst thing that might happen from this? What is the best thing? What is the most likely thing?

Develop an Action Plan for each possibility Answer these questions:

1. What one thing can I do to help stop the worst thing from happening?
2. What one thing can I do to help make the best thing happen?
3. What actions can I take if the most likely thing happens- actions that could improve the outcome for me and anyone else involved?