

# **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?