

### Resource Sheet 9 (Activity 4)

# Coping Through Positive Thinking (1 of 2)

Some ways that we react to situations can make life more difficult for us.

Five typical responses are:

- Blowing things out of proportion
- Ignoring the good
- Jumping to conclusions
- Dwelling on the bad
- "If only" thinking

Choose which of the above describes the responses given in each of the examples below, and then consider how someone might think in a more positive way to deal with each situation.

1. I had an argument with my sister and I can't get it out of my head.

Name the negative thinking.

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Why is the person thinking this?

.....

What positive thoughts could replace the negative thinking?

.....

2. My best top is in the wash and I get really upset because I have nothing to wear.

Name the negative thinking.

.....

Why is the person thinking this?

.....

What positive thoughts could replace the negative thinking?

.....

**Resource Sheet 9 (Activity 4)**

**Coping Through Positive Thinking (2 of 2)**

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3. I did well in all my exams except maths. I am not happy with my results.

Name the negative thinking.

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Why is the person thinking this?

.....

What positive thoughts could replace the negative thinking?

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4. I forgot my PE gear. Now I wish I'd got it ready last night.

Name the negative thinking.

.....

Why is the person thinking this?

.....

What positive thoughts could replace the negative thinking?

.....

5. I see a boy/girl I fancy talking to someone. I immediately think they must be going out with each other.

Name the negative thinking.

.....

Why is the person thinking this?

.....

What positive thoughts could replace the negative thinking?

.....

# Resource Sheet 10 (Activity 4) Coping Strategies

### Possible things to do...

Talk to a friend  
Write down your thoughts  
Play a game  
Positive side  
Do some exercise  
Time  
Listen to music  
Go on a computer or electronic game  
Go for a walk  
Cook  
Sleep  
Read a book  
Watch TV  
Play an instrument  
Do some homework  
Cry  
Laugh  
Sing  
Paint a picture  
Focus on something good that is going to happen in the future

### Possible strategies to help...

Try and relax your body  
Take deep breaths  
Try to see the positive side  
Deal with one thing at a time  
Keep listening even though you might be upset  
Don't put yourself down  
Keep your sense of humour  
Name the feelings you have  
Notice any feelings in your body  
Be honest with yourself  
Remember that you are not alone  
Ask for help  
Don't ignore it or suppress it

# Resource Sheet 11 (Activity 4) Relaxation Techniques

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## Deep Breathing 7/11

A simple but powerful technique that is easy to learn. It has an immediate, beneficial effect.

From deep in the pit of your stomach breathe in for seven seconds and then breathe out for eleven seconds. Do this five, six or seven times and see the reaction. The reason for making the out breath longer is that inhaling triggers one part of our nervous system that creates stress and exhaling stimulates a relaxation response. By breathing out longer than breathing in, you trigger the relaxation response over the stress response.

## Clenched Fists

This is a simple technique from Yoga. It works on the principle that if you tense muscles and then relax them, they are always more relaxed after you have just tensed them.

First, make your hands into fists as tight as possible. Notice the tension in the muscles of the fingers. Become aware of the hardness of your fingernails in the palm of your hands. Notice the skin stretched across the knuckles and how your wrists have become rigid.

Wait a few moments and then relax your hands. Concentrate on the change between tension and relaxation. The relaxed feeling is now going up your arms to your shoulders. In a few minutes it will spread to your whole body. You don't have to say anything or do anything. Let the relaxation flow.