

REFRAMING NEGATIVE THINKING

During this difficult time, it's extremely important that we stay positive even if all hope is lost and you feel trapped in your own negative thoughts. You may think that it's impossible to stop thinking negatively about certain situations but we really have to turn the negatives into the positives. Here are a few ideas of how to control your anxiety and mental health:

- ◇ **Colouring in**- Surprisingly, colouring in can help ease the mind and block out all negative thoughts. When you start to stress out, colouring in can be a fantastic way to relax your body
- ◇ **Going for a walk**- If you start to stress out, going for a walk can really help to relieve the stress and put things into perspective
- ◇ **Taking some time out/meditation exercises**- Meditation can be a great way to relax your body. If you start to stress out, take a break and meditate and do some breathing exercises. It will relax your muscles and calm you down.
- ◇ **Doing something you love to do**- Doing something you love doing is, in my opinion, the best way to put a smile on your face. You could do anything from baking, listening to music, reading, watching movies to painting, playing with your pets and doing something creative
- ◇ **Downloading anxiety apps**- There are lots of apps out there that can help to calm down your anxiety. Apps like 'Calm' and 'Relax Melodies' can help you when anxiety interferes with your sleep

- ◇ **Spending time with your family**- At the end of the day, going on screens all day isn't the best thing to do when it comes to your mental health. Spending time with your family can lift up your spirits as they're the people who will help you during this difficult time.

