

# Wellbeing tip - number 7

## Think positively about yourself.

In Tip 6 we were thinking about the fact that unhappy thoughts, and feeling low sometimes, are a normal part of life – they are a normal response to what is happening around us. We looked at how trying to identify and understand our difficult feelings can be a step towards reaching out and getting support for ourselves.

What can happen for some people when they are upset or stressed (when they are not OK) is that they get into negative ways of thinking about themselves and become critical of themselves. These thoughts may be there at other times too but they may become more frequent and intensified (stronger) during times of uncertainty and stress and, therefore, more difficult to put out of our minds. All of the strategies we have looked at so far can help us to deal with these negative, self-critical thoughts. Additionally, today we are looking at how we can tackle some of these thoughts directly without being overwhelmed by them using some practical strategies which are easy to try out.

Here are some common ways that our minds can trick us into thinking negatively about ourselves. Do any of them sound familiar? If you can tick any of these, it may be a sign that you have a tendency to view yourself negatively. →

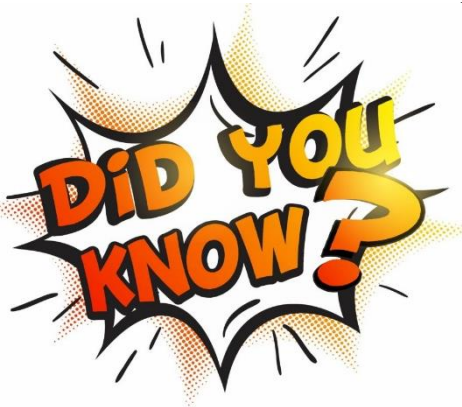


**Just because you think it doesn't make it true!**

### Examples of common negative thoughts

- Expecting the worst
- Comparing ourselves negatively to others
- Jumping to wrong conclusions
- Being overly focused on what others think of us
- Fear of looking stupid
- Feeling we always mess things up
- Everything is pointless
- Seeing ourselves as being to blame for everything
- Taking things personally

Check out Dr Chris Williams' amazing podcast on 'Unhelpful Thinking' on the next slide.



- ✓ Having a negative thought about yourself doesn't make it true.
- ✓ Negative thoughts about ourselves can influence the way we behave such as withdrawing from others or impulsively ending friendships.
- ✓ Negative thoughts about ourselves can prevent us from enjoying life
- ✓ It is possible to take control of negative thoughts and stop their power over us.

Click on this link

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

Dr Chris Williams' amazing podcast on 'Unhelpful Thinking' – try to listen to the whole thing if you can.



## Unhelpful thinking

In this 8-minute audio guide, Dr Chris Williams offers simple tips on how to avoid unhelpful thinking that brings us down.

AUDIO GUIDE

Unhelpful thinking

**NHS**  
nhs.uk

Scroll down the mental wellbeing audio guides to find the one on unhelpful thinking

### 5 steps for dealing with unhelpful thoughts

1. Step back from it
2. Leave it alone – don't argue with it
3. Stand up to it
4. Don't be hard on yourself
5. Try to look at the situation differently

### Further reading

You might also like this NHS guide on understanding **self-esteem**.

<https://www.nhs.uk/conditions/stress-anxiety-depression/raising-low-self-esteem/>