

CHANGE MY THINKING, CHANGE MY MOOD

The way we think can have a huge impact on our mood and vice versa. This exercise allows you to remember the times you fell into faulty thought-patterns and lets you reflect on how you can react better next time.

By doing this, it can help you become more mindful of the way you think and improve your overall well being.



BLAMING

"It's your fault!" / "You are responsible for my pain!"

An example of a time that I used **blaming** is...



What can I do differently next time?

MAGNIFYING

*Turning a small problem into a huge problem.
Sweating the small stuff.*

An example of a time that I used **magnifying** is...

What can I do differently next time?

GLOBAL LABELS

“You ALWAYS do that!” / “You are COMPLETELY selfish!”

An example of a time that I used **global labels** is...



What can I do differently next time?



DEMANDING

Forcing someone else to act or feel the same way that you act or feel. “Do this, not that!”

An example of a time that I used **demanding** is...



What can I do differently next time?



To learn more about how to improve your wellbeing and mental health, get in touch with our wellbeing coaches today: <http://bit.ly/MNhelp>



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