

Self-Regulation Concepts

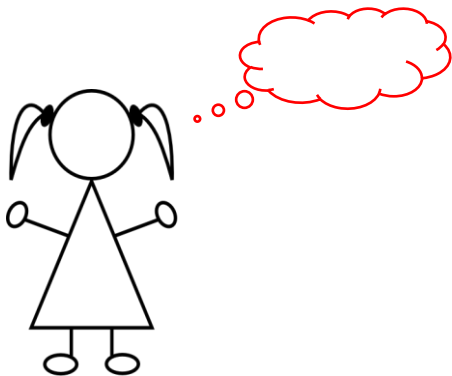
Using Helpful Thoughts

There are times when we might think that we don't want to do something or that it is too hard for us. What we think about activities, events or people can have a powerful influence over how we then feel which can then influence the actions we take.

We can choose to focus on unhelpful thoughts (red thoughts) or helpful thoughts (green thoughts)

When things are challenging or hard, we might have Unhelpful thoughts

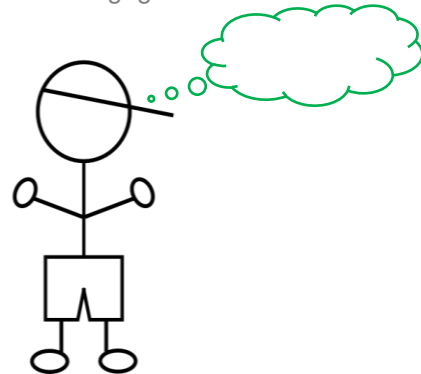
- Unhelpful thoughts might make us feel upset, worried or frustrated
- Unhelpful thoughts can stop us from trying new or challenging things
- We can think of these as "red" thoughts because they "stop" us from moving forward, trying or engaging with others or activities.



I can't
I don't want to
It's too hard
I don't like it
This is boring
I want something else

We can choose to focus on more Helpful thoughts even when we are challenged

- Helpful thoughts are positive ideas
- They can help us feel happy, calm and relaxed
- Helpful thoughts can help us feel good about trying new things or taking on challenges
- We can think of these as "green" thoughts because they help us to move forward, to try and to engage with others



I can do this
I will try
I can ask for help
This could be fun
I can reward myself when I finish
I'll stick with it