

# WELLBEING BULLETIN



## THOUGHTS

MANAGING AUTOMATIC NEGATIVE THOUGHTS

Welcome to Nailsea Schools first Wellbeing Bulletin of the Academic year.

The aim of this bulletin to share with you useful information ,strategies and resources in order to support our students mental wellbeing.

The past few months have been particularly worrying and for many have had an impact on their mental well being.

In response to this the Nailsea School Safeguarding Team thought we'd kick the year off talking about negative thoughts and how to manage them.

We hope you find the following information helpful .

If you are struggling at all and would like some support or guidance then please do contact the Safeguarding Team who are waiting to support you.

Alternatively if you are not quite ready to talk to us then please do check out our directory of service on the Nailsea School website . It is full of outside agencies and resources that we reccomend



We endeavour to provide a safe and welcoming environment where children are respected and valued. If you have concerns that a child has been harmed, or is at risk of harm then please contact a member of the safeguarding team in person or on the following email address:

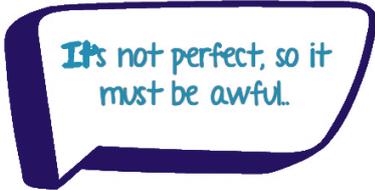
[safeguardingteam@nailseaschool.com](mailto:safeguardingteam@nailseaschool.com)

# What is an Automatic Negative Thought?

An “ANT” is a thinking pattern that doesn't match reality. When you notice that you are having one, you can begin to train your mind to ignore them. Get to know a few of the common ones so that you will be able to stop them.

## ALL OR NOTHING:

You see things in black or white with no in between. You believe that everything is either right or wrong, with no exceptions. You think of things as a complete success or a total failure. This type of thinking sets you up for failure almost always. Give yourself some slack! You are only human!



It's not perfect, so it must be awful.

## PREDICTING THE FUTURE:

You expect bad things to happen. When thinking of your future, have a positive mindset. If you imagine yourself being successful, you are more likely to have a good outcome. When you picture a negative outcome in your mind, it will often keep you from trying. Stop expecting bad things to happen. You never know what will happen unless you try. Try new things. Be brave!



I'll forget what I'm supposed to do.

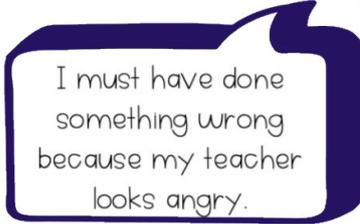
## MIND READER:

You think you know what others are thinking. You assume the worst without evidence. You cannot read minds. Don't try to guess what people are thinking. You will be wrong a lot of the time.



I bet they hate me. She must be staring at me because she doesn't like my clothes.

## PERSONALIZATION:



I must have done something wrong because my teacher looks angry.

You blame yourself for everything. You think that everything people say or do is a reaction to something you did.

## MAGNIFYING:

When you let one bad thing define everything in your life. This occurs when you make a big deal out of something small. Don't focus on one bad thing when there are so many good things too.

## STEWING:

You keep going over something in your mind hoping you can figure out a way to change it. When you repeat negative thoughts or bad experiences over and over in your mind, you begin to lose sight of the positive things around you. Stop thinking about mistakes too much. Think more about what you did right. Think less about what you did wrong. Focus on the positive.



I keep thinking about my mistakes.

## MANAGE AUTOMATIC THOUGHTS:

- ❑ Notice the thought and label it as untrue.
- ❑ Challenge the truth of the thought with evidence or facts.
- ❑ Remember that positive emotions undo negative thinking.
- ❑ Distract yourself with something happy.
- ❑ Remember that negative thinking is usually untrue.

# MANAGING THOUGHTS



## GETTING THROUGH RIGHT NOW ...

Have a go at some of the options below that can help you for a minute or two

- Listen to your favourite music
- Watch your favourite videos
- Connect with someone who's good for you
- Watch inspiring YouTube videos
- Spend time with a pet (your own or someone else's)
- Think about a special and positive memory
- Count to 10
- Take 5 deep breaths
- Phone someone I like and trust
- Message or text someone whom you value
- Watch TV programmes that make you feel better
- Take a break and go outside for a walk
- Take a break by moving to another room
- Get a hug from someone you trust
- Remind yourself that these intense and overwhelming feelings won't last forever
- Remind myself that I have got through tough times before and I can again

## LIFTING AND CLAMING MOOD ...

Have a go at some of the options below that can help lift your mood or help you feel less distressed or calmer

- Connect with someone in person
- Message or text someone
- Send an email
- Phone someone
- Have a cup of tea or coffee
- Have a warm shower
- Listen to music
- Write down your feelings in a diary, write a letter to yourself
- Go to the gym
- Go up and down the stairs a few times
- Wash up
- Tidying up
- Sorting out cupboards
- Hoover
- Baking
- Cooking
- Coloring-in books
- Painting and drawing
- Watch TV
- Watch YouTube videos
- Read a book
- Gaming with a friend
- Gaming App
- Watch a relaxing or funny films
- Time with my pet

# USEFUL CONTACTS .....

Below are a list of organisations you can contact if you are distressed or struggling with you mental health.

<u>Organisation</u>	<u>Phone Number</u>	<u>Hours</u>	<u>Note</u>
Samaritans	116123	24/7	
Young Minds		24/7	Text YM to 85258
Mind	0300 123 3393		
PAPYRUS	0800 068 4141	5pm-midnight every day	
CALM	0800 58 58 58	Weekdays 10am-10pm, weekends 2pm-10pm, Bank holidays 2pm-5pm	
Childline	0800 1111	24/7	Calls are free and confidential
NHS Helpline England	111		

**If you worry that you cannot keep yourself safe please Call 999**

## USEFUL EMAIL ADDRESSES.....

Safeguarding Team: [Safeguardingteam@nailseaschool.com](mailto:Safeguardingteam@nailseaschool.com)

Mr Mawford ( Safeguarding Lead ) : [cmawford@nailseaschool.com](mailto:cmawford@nailseaschool.com)

Miss Cadwallader ( Miss C ) ( Deputy Safeguarding Lead ) : [lcadwallader@nailseaschool.com](mailto:lcadwallader@nailseaschool.com)