

# TOLERATING NEGATIVE THOUGHTS



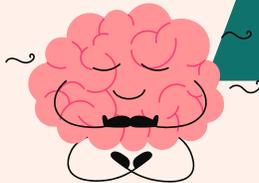
## THOUGHTS HAPPEN

Experiencing negative thoughts is normal but fighting those thoughts can actually make them stronger.

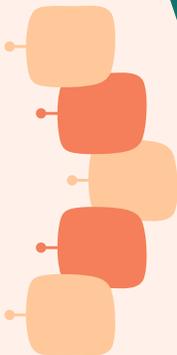


## DISTRACT YOUR MIND

Our brains are really bad at multitasking. Try shifting your focus by occupying your mind with something else!



## STRATEGIES TO MAKE IT THROUGH THE MOMENT



### List-Making

Name 5 cities that start with "S" or 5 of your favorite athletes, artists, or songs

### Grounding

Notice 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, 1 thing you taste

### Counting

Count the corners in the room or name the colors you see in the room