

STUDENT Well-Being

NEGATIVE ATTITUDE



If you find yourself stuck in a negative cycle,
pick one skill on the other side of this card and do it.

PAUSE, REFLECT, AND THEN RESPOND.

THOUGHTS, FEELINGS AND BEHAVIOUR TRIANGLE (TFB TRIANGLE)



**NEGATIVE
BEHAVIOURS**



WHAT WE SEE:
External Behaviours

WHAT WE DON'T SEE:
Internal Needs



COUNT:
I am seen and known by
those around me



CAPACITY:
I have confidence
in my ability.



CONNECTIONS:

I have friends and I belong.



**NEGATIVE
THOUGHTS**

**NEGATIVE
FEELINGS**

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NEGATIVE THOUGHTS

PICK ONE SKILL

- Draw your TFB triangle.
- Be aware of negative thinking patterns.
- Challenge negative thinking; change negative thoughts to positive thoughts (e.g. Find 2 positive thoughts for each negative thought).
- Focus your mind on neutral or positive aspects of the situation.
- Pay attention to the facts (e.g. What do you know to be true versus what do you think to be true?).



NEGATIVE FEELINGS

PICK ONE SKILL

- Pay attention to your emotions.
- Use words to articulate your feelings.
- Pay attention to your breathing – breathe deeply.
- Progressive muscle relaxation: tense and release various muscle groups in your body.
- Get regular exercise, sleep and nutrition.



NEGATIVE BEHAVIOURS

PICK ONE SKILL

- Stop and reflect on your thoughts and feelings to minimize impulsive actions.
- Choose how you respond to the situation.
- Act the opposite of how you feel.



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