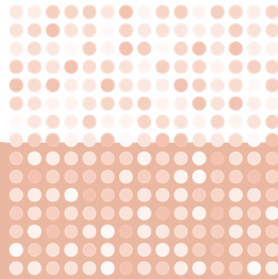




GLION SELF-HELP SERIES

Mental Wellbeing



Negative thinking

Read about this topic & understand
what you are experiencing, as well
as tips on how to manage it.



Stay away from negative people. They have a problem with every solution.

Albert Einstein



Everyone experiences pessimistic thinking every now and then, however when the self-talk turns into negative thinking it becomes self-sabotage.

It erodes self confidence and can lead to anxiety and depression, and, of course, interferes with your ability to learn and follow your studies.

When it becomes a habit, the only person who can change that is you! Your negative thinking is something you can get control over. To be aware of it is the first step. Working on the negative thoughts will bring you a healthier inner dialogue.



TIPS & TECHNIQUES

REFRAMING: EXAMPLES OF NEGATIVE THOUGHTS AND HOW TO REFRAME THEM:

Negative thought example: “I’m not able to do that task. It’s too much work. I won’t have time.”

Reframed in positive: “I will be able to do that task, I’m confident in my ability to do that task. I will have enough time because I will manage my time effectively.”

Negative thought example: “I surely failed at the exam, I’m going to fail this course.”

Reframed in positive: “I’m not sure of the result yet, it could be better than expected, I will do my best to succeed in this course.”

Negative thought example: “I should have work more.”

Reframed in positive: “It was my choice. Next time I should organize better and work harder.”





●●●● HOW TO CHANGE YOUR WAY OF THINKING? ●●●●

Identify the things you think negatively about, this is where you should devote your energy to change your mind set.

Find positive people to connect with, they will teach you how to think positively.

Use body language to improve your feelings, stand upright, confident, and assured.

Replace the negative thinking by self-accepting thoughts.

Act positively with someone by helping, or coaching someone who needs help, for example.

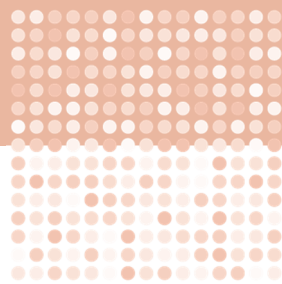


Enhance the good things in your life, make a list of all the positive things you have in your life.

Keep a positive attitude!

●●●● OTHER GUIDES IN THE GLION SELF-HELP SERIES ●●●●

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|----------------------------|------------------------------|---------------------------|
| • Anger management | • Learning from mistakes | anxiety |
| • Anxiety | • Loneliness | • Regaining control |
| • Assertiveness | • Looking after yourself | • Relationship break-up |
| • Confidence | • Managing conflict | • Self-confidence |
| • Constructive criticism | • Managing conflict | • Setting into university |
| • Coping with homesickness | • Motivation | • Stress management |
| • Depression | • Negative thinking | • Time management |
| • Developing purpose | • Overcoming procrastination | • Worried about someone |
| • Emotional Intelligence | • Perfectionism | |
| • Enjoy what you have | • Planning and prioritizing | |
| • Exam anxiety | • Public speaking | |
| • Frustration | | |
| • How to be happy | | |



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