

## PRACTICE POSITIVE THINKING



- Practicing positive thinking during stress or crisis creates stronger & more resilient families
- Negative thoughts can create negative behaviors or harmful thoughts
- Positive thoughts can create more adaptive positive behaviors & emotions
- Mindful & purposeful practice can replace worst scenario and overgeneralized thinking
- Adults can practice & teach children reframing negative thoughts into positive thoughts
- Adults can model reframed positive thoughts in their comments & conversations
- Results can be rewarding to both adults, children & families

### Examples related to the Coronavirus Crisis

Negative Thoughts	Positive Reframing
I must worry all the time about the Coronavirus	I practice (and teach my family) social distancing, follow safety guidelines, and do my best to stay healthy
I am always upset I can't go to school	I will be back in school in the future-it's not forever
I am sad I can't play with friends	I can call (or use safe apps) to talk to friends for now I get to spend more time with my family.
If my (person) gets sick, I will be all alone	If my (person) gets sick, _____ will take care me
The coronavirus is killing everyone	Most people do not get coronavirus or get over it. (Health providers) are helping most people to get well
I will get behind and fail at school	Everyone will need help catching up when we return I can do the best I can & ask for help
I feel like there are coronavirus germs everywhere	I follow medical (parental) advice to wash my hands and stay home to keep germs away
We will run out of food and starve	Schools, food banks, churches, (family) and other places are helping families who need food.
We will run out of _____ or not be able to pay _____ bills	This is something adults in my family are working out. My parents (guardian) know where to get help

	For adults it may: Some bills can wait; I can call 211 or look online for help; I keep informed about & applied for help; I have friends/family I can ask for help.
I have to share my (room, toys, food) with (person who had to come to live)	I am lucky I have (a home, room, toys, food) to share It is not forever, and I am glad my family care about and helps others.
(Relative; friend) may get sick & I would not know	My family has their phone #, talked with (person) and we all agreed to check in and help each other (if a problem, daily, weekly)
I don't know how to help my child's (feeling) during the coronavirus	I am a good parent and know how to love, comfort and reassure my child to the best of my ability.

There are many examples on the internet of reframing and restructuring thoughts. Those that are most worthwhile are articles or posts from licensed or credentialed mental health professionals.

*This attachment is not intended as evidence based, verified professional or expert information or mental health advise. We are in uncharted territory. Every individual, family and child's needs and responses are unique and include the possibility that professional counseling or guidance may become necessary whether by virtual (telehealth) providers or those who will still see clients in person. Information provided to a child, privacy and safety settings, content appropriateness for each family, child or by the child's age, advance review of the content, and approval of and supervised use of this information remains at the discretion of and responsibility of the adult or parent.*