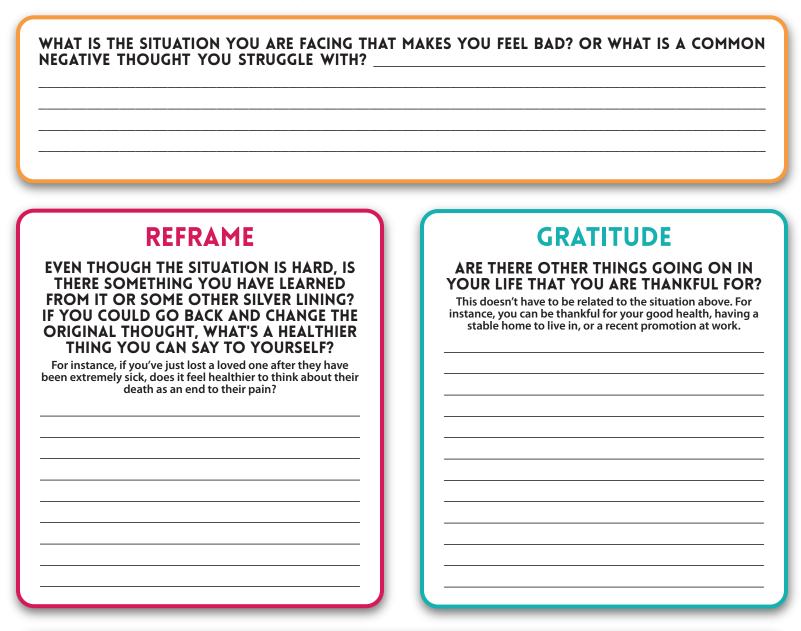
LOOKING FOR GOOD

Changing the way we see negative situations, reframing common negative thoughts, and practicing gratitude have been shown to reduce sadness and anxiety. This worksheet walks you through different ways to rethinking situations or thoughts.



REMIND YOURSELF

HOW CAN YOU REINFORCE YOUR REFRAMED THOUGHTS AND REMIND YOURSELF OF WHAT YOU ARE THANKFUL FOR? MAKE A LIST OF WAYS.

Example: Copy what you've written in the boxes above onto post-it notes and stick them in places around your house as visual reminders.