





Bad times don't last.
Things always get better.




Other people can help if
you talk to them. Get a
reality check.



Unhelpful thinking
makes you feel more
upset.





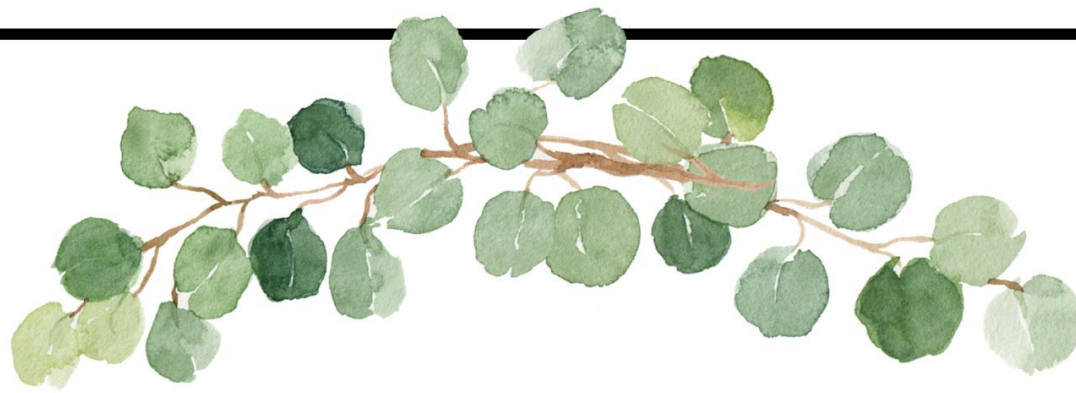
Nobody's perfect,
not you and not
others.

Concentrate on the positives
(no matter how small) and
use laughter.





Everybody experiences sadness, hurt, failure, rejection and setbacks sometimes. They are part of life. Try not to personalise them.

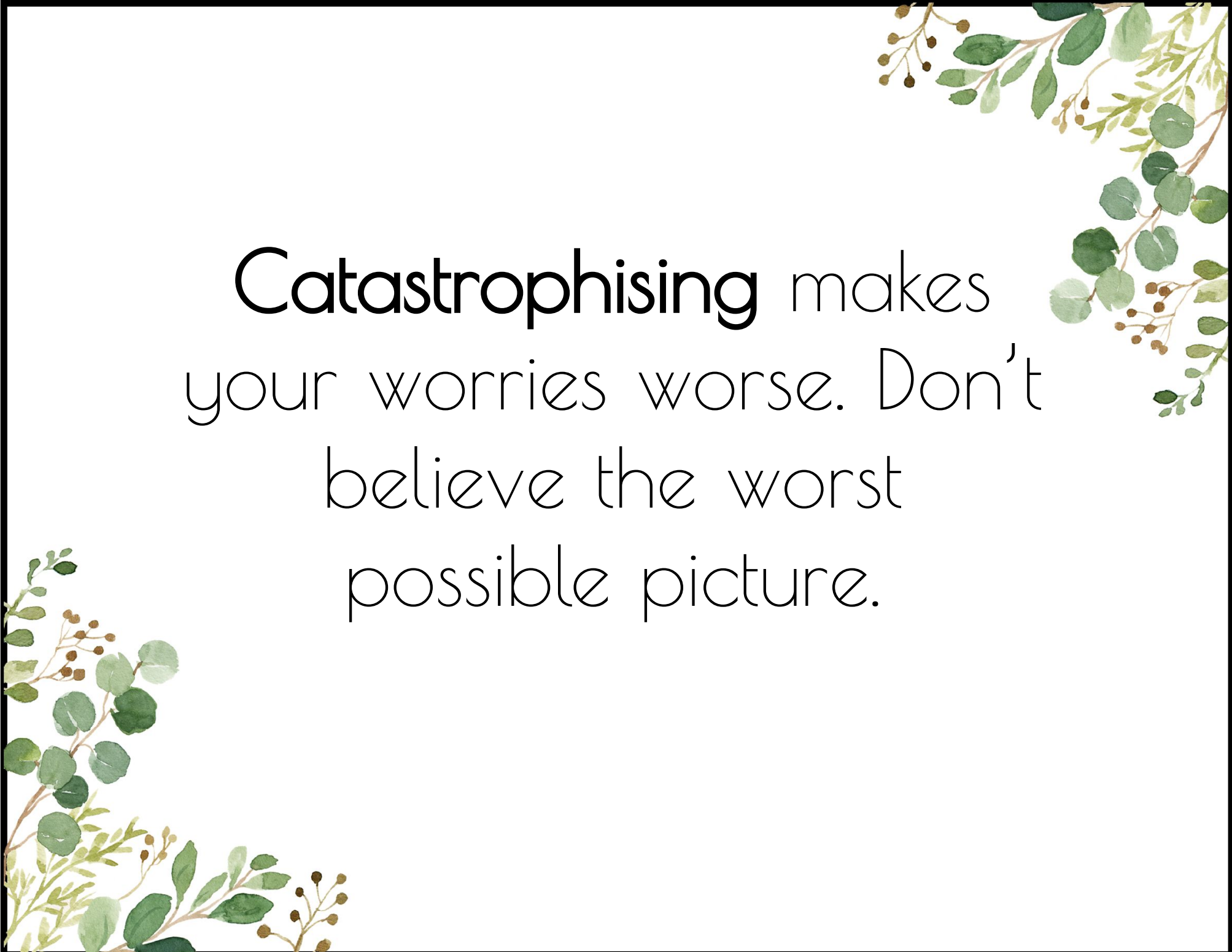


Blame Fairly – how much of what happened was because of you, how much was because of others and how much was because of circumstances?

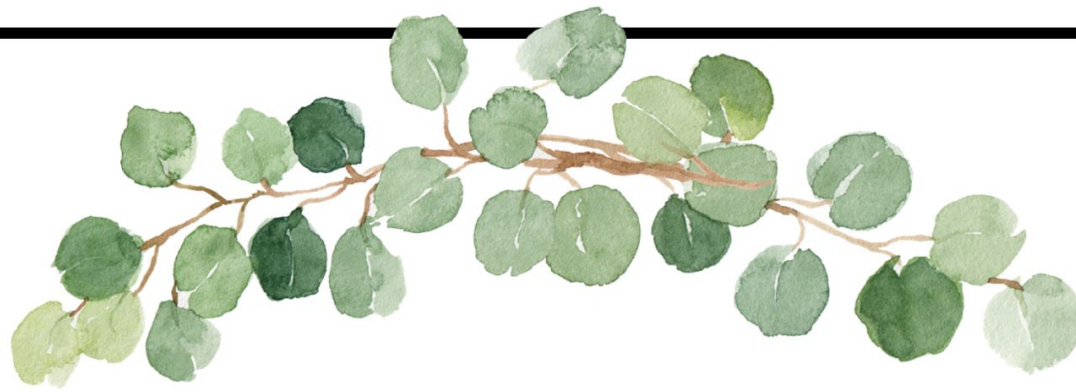


Accept the things you
can't change but
change what you can
first.





Catastrophising makes
your worries worse. Don't
believe the worst
possible picture.



Keep things in perspective. It's
only one part of your life.