

Dealing with Negative Thoughts and Maintaining a Sense of Control

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This video explains how negative thoughts can impact how we deal with our circumstances. It will discuss how we can change negative thoughts into positive ones for a healthy sense of well-being. Maintaining a sense of control in our lives is also discussed. The video will cover practical ways we can accomplish this and reduce anxiety as a result.

KEY TAKEAWAYS

- Our view of life events impacts how we feel and behave
- We can work on changing our view of events to make them more positive
- Having a sense of control can help us keep a positive attitude
- Having choices and maintaining a routine can help when things are changing around us
- Everyone feels worry, stress and anxiety. Learning coping skills to feel more positive and in control can help through difficult times

- Changing Negative Self-Talk
 - <https://www.winona.edu/resilience/Media/Self-Talk-Worksheet.pdf>
- Worry Coping Cards
 - <https://www.therapistaid.com/worksheets/worry-coping-cards.pdf>

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