

# Dealing with Negative Thoughts and Maintaining a Sense of Control

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## Key Takeaways

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. The video will cover practical ways we can maintain a sense of control in our lives and reduce anxiety as a result.

### Other Related Resources:

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

- 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
- Learning coping skills to feel more positive and in control can help through difficult times