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REFRAMING THOUGHTS for staff

We all have negative thoughts and may get into patterns of negative thinking.

In times of distress, these may occur more frequently, and it is easy to be self-critical and focus on the negative thoughts. Sometimes we might catastrophise a situation, making it seem worse than it really is, or we might blame ourselves for things out of our control.

Recognising these thoughts and re-framing them is a way of training our brain reduce anxiety and over-thinking.

This simple [template](#) can be used by anyone to identify unhelpful or negative thoughts, and try to reframe them in order to reduce their feelings of distress or anxiety.



Reframing thoughts



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Situation or trigger	Negative/unhelpful thought	Evidence against this	Reframe - what is a more balanced thought?	How do you feel now?

