

# How healthy is your thinking?



Our Thoughts, feelings and behaviours all continuously affect each other.

This can cause us to fall into negative cycles that we might not recognise straight away.

Making any changes takes awareness and practice. The catch it, check it, change it approach can really help you to take action to challenge and change your thinking. This approach can also help you to look at perceived problems or situations differently.

## Catch it

What's your thought? Recognising our thoughts helps us to know if they are helpful or not.

## Check it

Challenge the thought, is it helpful? What's your evidence for the thought? Is there another explanation?

## Change it

What is a more helpful thought that you could have? What would you say to a friend who had this thought? Is there a more positive thought?