

Get Rid of ANTs

TRANSFORM BAD THOUGHTS SO YOU CAN KEEP GROWING!

Issue:

Automatic Negative Thoughts (ANTs) can quickly change from a little pest to an infestation of grumpiness.

Goal:

Use your Growth Mindset to challenge your ANTs and transform them into Improvement Opportunities!



I'm bad at math.

**I can keep practicing my math skills
and get a little better every day!**



**I can't be happy unless
I get what they have.**



I fail at everything I try



**I can enjoy the things I have
and be happy for others.**

**I might fail when I try the first time,
but I can keep learning more
and trying again until I succeed!**

Automatic negative thoughts are normal, but when they happen more frequently, they can run your life. You can learn more about ANTs from the article “Automatic Negative Thoughts (ANTs): How to Identify and Fix Them” on MentalHealthCenterKids.com.



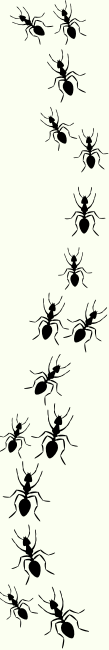
Live Oak Mental Wellness Project is working to make mental health support more accessible. From spreading information about improving your mental wellness at home to connecting you to a clinical therapist to partnering with others in the mental health field to create new resources in person and in print, we want to help you learn how to make your life the very best it can be.

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What is an Automatic Negative Thought you have about yourself or someone else?



Use some Thought Challenging Questions on your ANT to transform it into an Improvement Opportunity.





THOUGHT CHALLENGING QUESTIONS

Understand your situation better by looking at it from different angles.

- Do I know this thought is true or do I just feel that way?
- Even if there's some truth in this thought, is it helpful for me to think this way?
- How would someone else see this situation?
- What can I do to make this better for myself and others?

Learn more about becoming more positive, confident, and making better decisions in the video "The Secret to Defeating the ANTs in Your Head!" from Mindstars Kids.



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