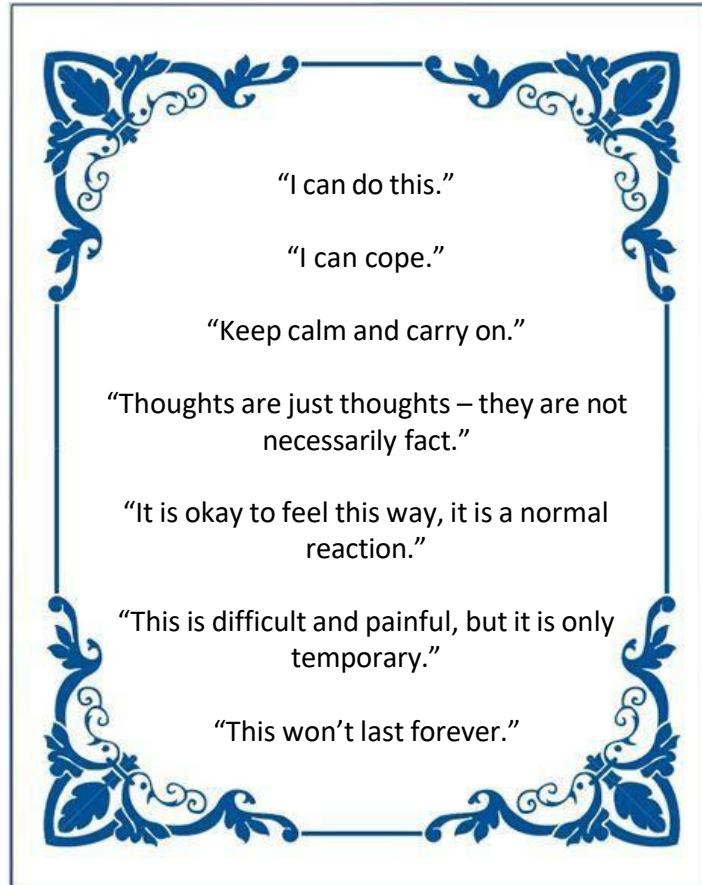


Develop Coping Thoughts/Positive Self-Talk

Positive statements encourage us and help us cope through distressing times. We can act as our own coach by saying these encouraging things to ourselves. Creating a sentence that you can say to yourself when you are feeling low or struggling to cope with your symptoms can be very useful. Some choose to keep a copy of these in their pencil case or wallet so that they are always available.



Activity:

| Situation | Coping Thought/Positive Statement |
|---|--|
| Example: I have got a new doctor. I am worried about discussing my symptoms with him in case he/she thinks I am making them up. | These are just thoughts, they are not necessarily facts. The doctor will do his/her best to help me. |
| I have exams in the next couple of weeks, they are really important. I am worried I will miss an exam, or do badly in them, because my tummy hurts. | |
| My friend has invited people over to her house for a sleep over. I am scared I will get the tingling in my arm again. | |
| I am starting a new school. I am worried about meeting other children and new teachers. | |