

BOUNCE

Bad times don't last. Things always get better. Stay optimistic.

Other people can help if you talk to them. Get a reality check.

Unhelpful thinking makes you feel more upset. Think again.

No body is perfect - not you and not others.

Concentrate on the positives (no matter how small) and use laughter.

Everybody experiences sadness, hurt, rejection, failure and setbacks sometimes, not just you. They are a normal part of life. Try not to personalise them.

BACK

Blame fairly. How much of what happened was because of you, how much was because of others and how much was because of bad luck or circumstances.

Accept the things you can't change, but try to change what you can first

Don't catastrophise exaggerates your worries. Don't believe the worst possible picture.

Keep things in perspective. It's only part of your life.

