

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

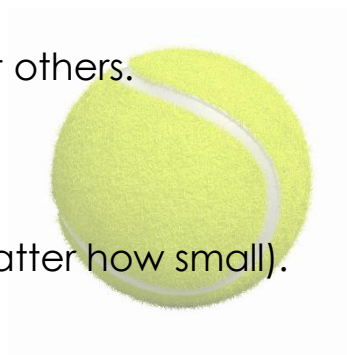


Other people can help you if you talk to them. Get a reality check.



Unhelpful thinking makes you feel more upset. Think again.

Nobody is perfect – not you and not others.



Concentrate on the positives (no matter how small).

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



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 circumstance?

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

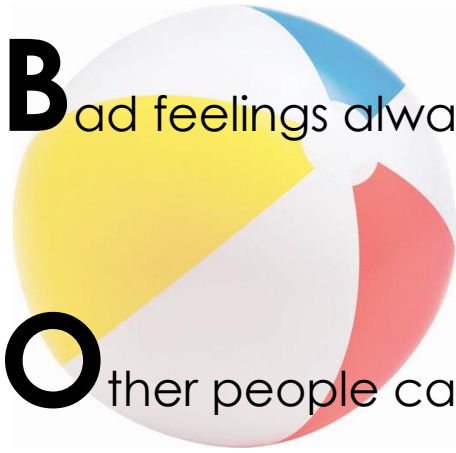


Catastrophising exaggerates your worries. Don't believe the worst possible picture.



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

Bad feelings always go away again.



Other people can help you feel better if you talk to them.



Unhelpful thinking makes you feel more upset. Think again.



Nobody is perfect – not you and not others.



Concentrate on the things that are still good when things go wrong.



Everybody has unhappy times sometimes, not just you.

