



How to Deal with Issues



and



USE POSITIVE SELF TALK



**KEEP
CALM
AND
BOUNCE
BACK**



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

Other people can help if you talk to them.

Unhelpful thinking makes you feel more upset.

Nobody is perfect- not you and not others.

Concentrate on the positives and laugh.

Everybody experiences setbacks sometimes.

Blame fairly.

Accept what can't be changed.

Catastrophising exaggerates your worries.

Keep things in perspective.