

STUDENT Well-Being

NEGATIVE ATTITUDE



If you find yourself stuck in a negative cycle,
pick one skill on the other side of this card and do it.

PAUSE, REFLECT, AND THEN RESPOND.

THOUGHTS, FEELINGS AND BEHAVIOUR TRIANGLE (TFB TRIANGLE)



NEGATIVE
BEHAVIOURS



WHAT WE SEE:
External Behaviours

WHAT WE DON'T SEE:
Internal Needs



COUNT:
I am seen and known by
those around me



CAPACITY:
I have confidence
in my ability.



CONNECTIONS:

I have friends and I belong.



NEGATIVE
THOUGHTS

NEGATIVE
FEELINGS

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NEGATIVE THOUGHTS

PICK ONE SKILL

- Draw your TFB triangle.
- Be aware of negative thinking patterns.
- Challenge negative thinking; change negative thoughts to positive thoughts (e.g. Find 2 positive thoughts for each negative thought).
- Focus your mind on neutral or positive aspects of the situation.
- Pay attention to the facts (e.g. What do you know to be true versus what do you think to be true?).



NEGATIVE FEELINGS

PICK ONE SKILL

- Pay attention to your emotions.
- Use words to articulate your feelings.
- Pay attention to your breathing – breathe deeply.
- Progressive muscle relaxation: tense and release various muscle groups in your body.
- Get regular exercise, sleep and nutrition.



NEGATIVE BEHAVIOURS

PICK ONE SKILL

- Stop and reflect on your thoughts and feelings to minimize impulsive actions.
- Choose how you respond to the situation.
- Act the opposite of how you feel.



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