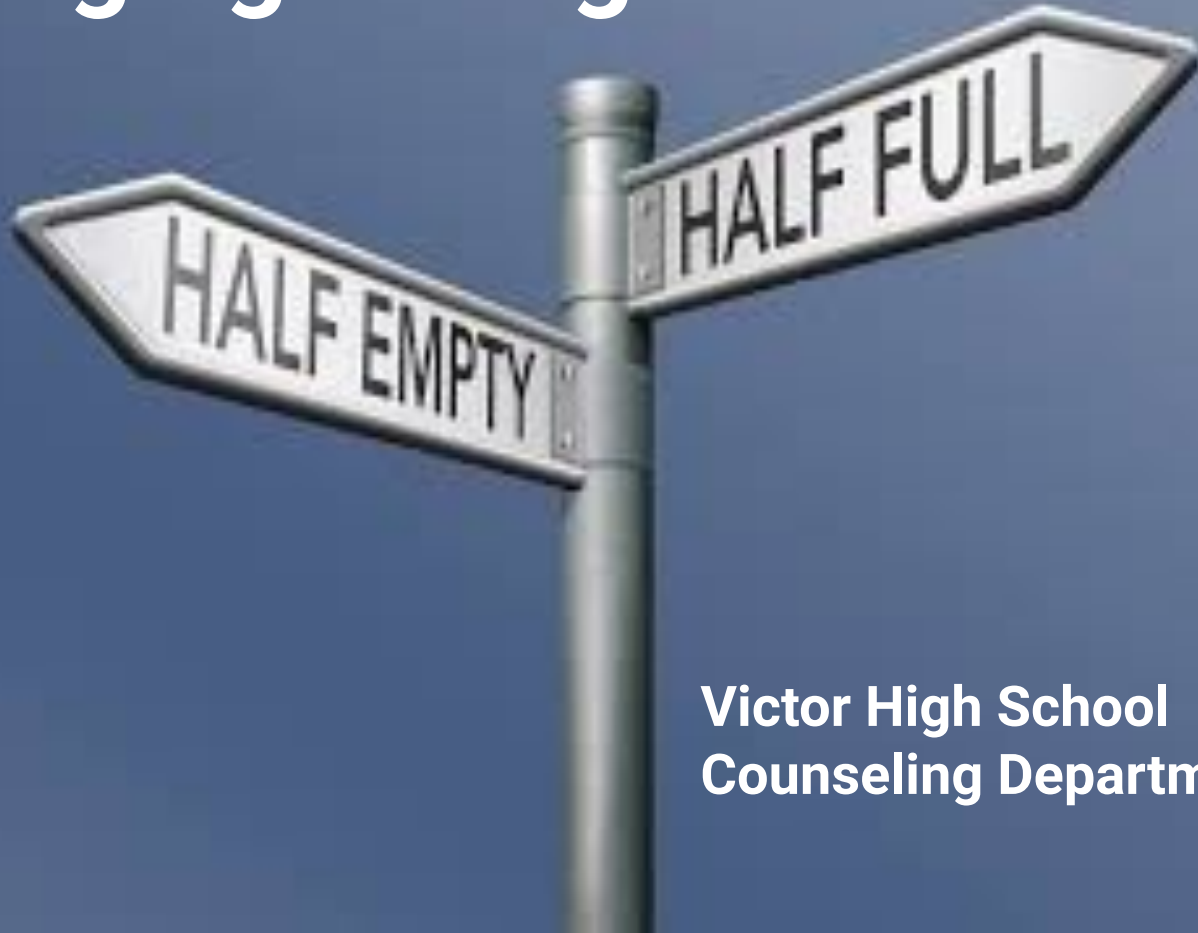


# Managing Thoughts and Beliefs



Victor High School  
Counseling Department

# Victor High School

## Support Staff

*We're here for YOU!*

### SCHOOL COUNSELORS

Mary Banaszak (A-Co)

Travis Hooper (Cr-G)

Heidi Nelson (H-Mc)

Moira Platzer (Me-R)

Geoff Mandile (S-Z)

# Victor High School

## Support Staff

*We're here for YOU!*

### **School Psychologists**

Kate Mandile (A-K)

Leah Daniels-Farren (L-Z)

### **School Social Worker**

John Ryan (A-Z)

*POSITIVE  
THOUGHTS*

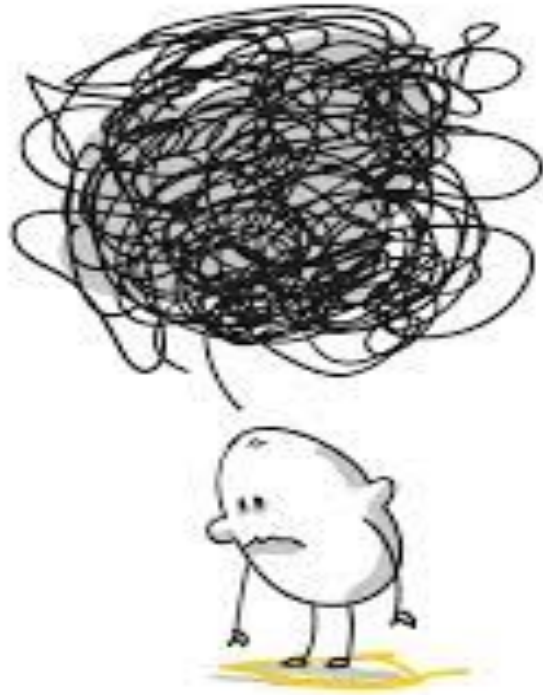
**NEGATIVE  
THOUGHTS**





# Defining Unhealthy Thoughts...

# Ruminating



# Negative Self-Talk

I Can't

A close-up photograph showing a person's hands holding a white rectangular piece of paper. The paper has the words "I Can't" written in a thick, black, cursive-style marker. A pair of silver scissors is positioned vertically, cutting through the paper between the word "Can't" and the apostrophe. The background is a plain, light-colored surface.

Catastrophizing







# Managing Unhealthy Thoughts





Learn from  
your  
mistakes!

5:1 Ratio  
Five  
lessons  
learned  
for every  
one mistake.

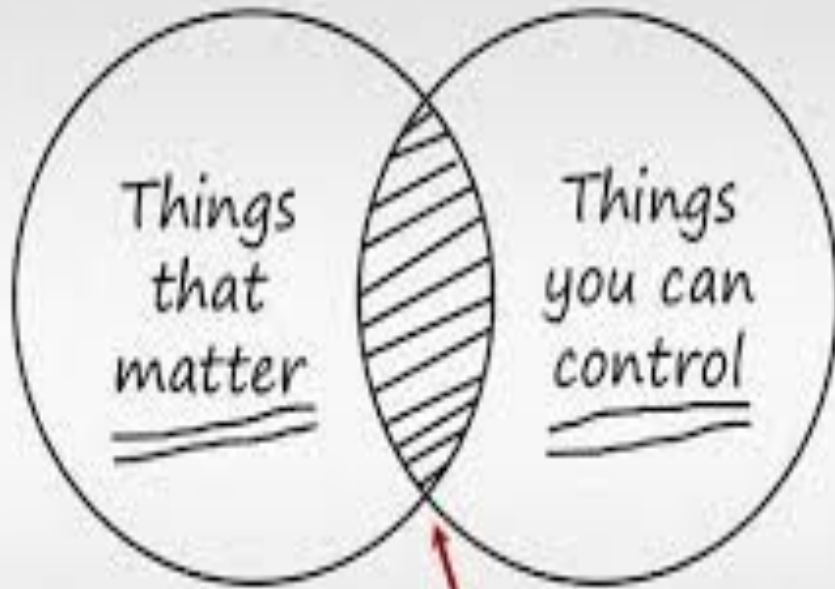


# Language Matters





Get  
Moving!



What you should focus on

Focus on  
what  
you can  
control



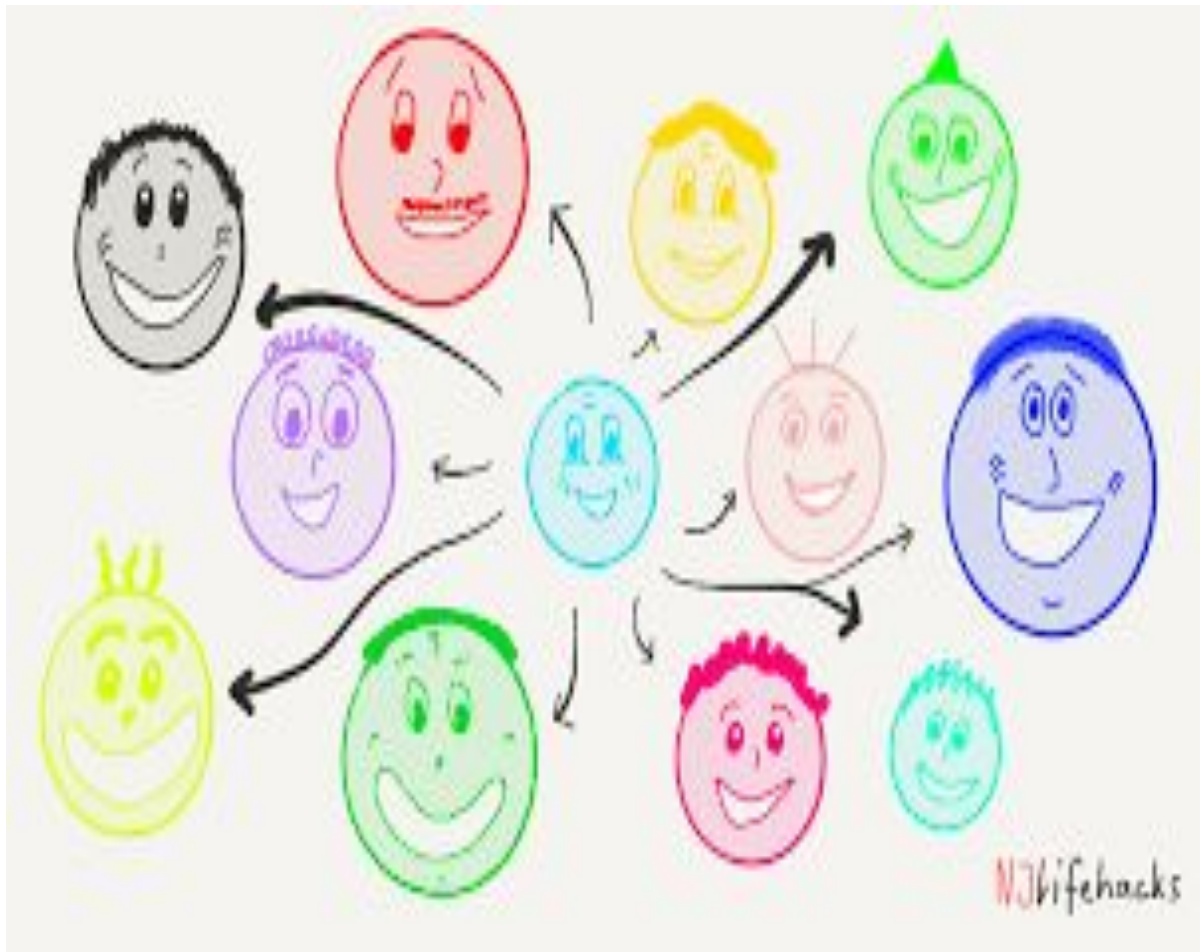
SCHEDULE  
A  
“WORRY BREAK”





Mindfulness,  
Meditation,  
And  
Deep  
Breathing






Happiness  
Is  
Contagious





A photograph of an open notebook with a wooden cover. The left page is blank and dotted. The right page is also dotted and has the words "I am grateful for" written in black ink in a cursive, handwritten style. A gold-colored pen with a silver tip lies on the right side of the notebook, pointing towards the text. The notebook is placed on a wooden surface with a visible grain.

I am  
grateful  
for

Practice  
Gratitude

# Concerned about yourself or someone else?

Tell an Adult...

## ❖ In School (7:30am - 3:00pm)

- Tell a teacher/adult you need to go to the Counseling Office
- Speak to the Counseling Secretary-tell her it is important!
- Meet with Counselor, Social Worker, or School Psychologist

## ❖ Out of School (3:00pm-7:30am)

- Contact an adult immediately
  - Parent, relative, neighbor, or friend of family
  - Call 211 to talk
  - Call 911 for emergency response from police, ambulance, Mental Health professionals or firefighters





*I really just need  
someone to talk to*

**Remember...**

**We are here to support you!**

# How do you manage unhealthy thoughts and beliefs?

(Circle your preferred methods)

1. Turn mistakes into learning opportunities
2. Stop negative self-talk
3. Exercise
4. Focus on what you can control
5. Schedule a worry break
6. Mindfulness, meditation, or deep breathing exercise
7. Spread happiness
8. Practice gratitude

Ticket  
Out  
The  
Door

**Your Name:**

**Name of any trusted adults you can talk to:**

**Was today's presentation helpful?**

**Why or why not?**

**What suggestions do you have for future presentations?**

**Additional comments?**

**Thank  
You!**