Managing Thoughts and Beliefs

Victor High School Counseling Department
Victor High School
Support Staff
We're here for YOU!

SCHOOL COUNSELORS
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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
Catastrophizing
Managing Unhealthy Thoughts
Learn from your mistakes!

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

STOP
(negative self-talk)
Get Moving!
Focus on what you can control.

Venn diagram with:
- Things that matter
- Things you can control

What you should focus on
SCHEDULE A "WORRY BREAK"
Mindfulness, Meditation, And Deep Breathing
Happiness Is Contagious
I am grateful for
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
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!