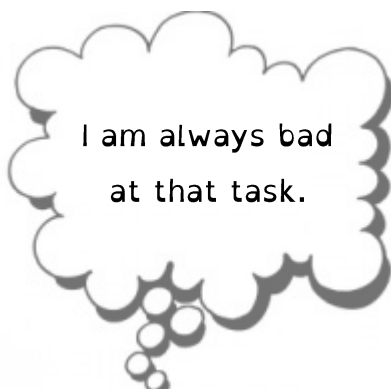
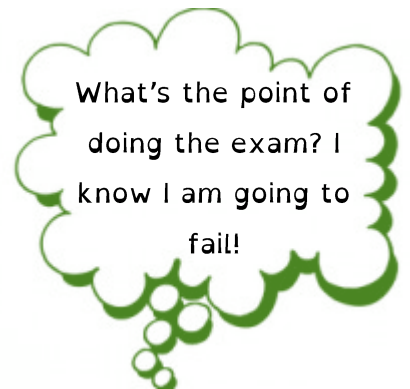
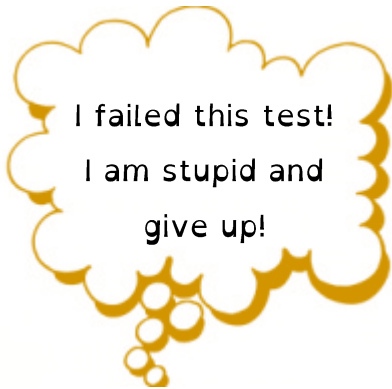
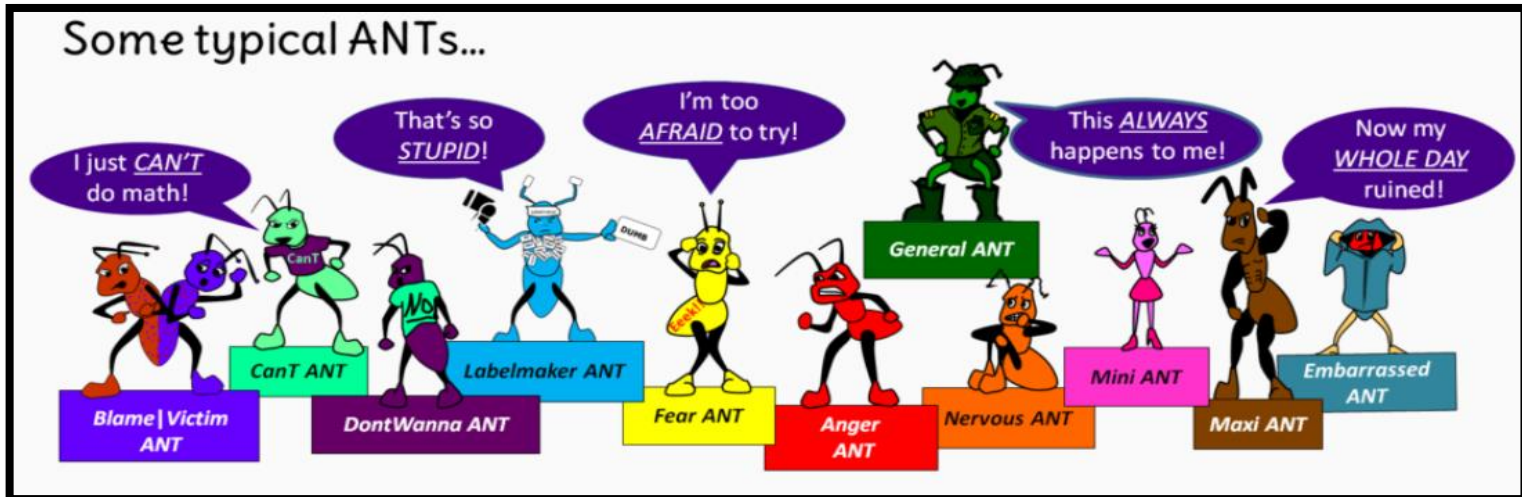


## What are ANTs?

ANT stands for 'Automatic Negative Thoughts'. This is something that happens to the best of us. However, they can often make us feel bad about ourselves and stop us trying new things. They also create anxiety! Check out the image below to see the different type of ANTs we might have...



## How can we stop having ANTS?

In order to stop the ANTs, we need to change these thoughts into more positive ones. We need to change our mindset!

### Let us start by making them our PETs

Making healthy choices and creating Positive Empowering Thoughts... PETs!

### What can you do to stop them?

Recognising your ANTs is the first step to challenging them! Maybe write them down and you can work on them one by one.

#### You could also:

1. Create a daily schedule and stick to a routine. Tick it off when you have achieved it. It will make you feel good to see your goals accomplished!
2. Remember to make your goals achievable, if it is too big of a goal it will not get completed right away!
3. Make a list of the negative thoughts you have, and change them into positives!
4. Make sure you spend time communicating with your friends.
5. Find ways to be active – healthy body, healthy mind!
6. Plan your meals with your parents, so you know what you will be eating, and it will give you something to look forward to!

#### Instead of thinking:

I'm not good at this.  
I'm awesome at this.  
I give up.  
This is too hard.  
I can't make this any better.  
I just can't do Math.  
I made a mistake.  
She's so smart. I will never be that smart.  
It's good enough.  
Plan "A" didn't work.

#### Change it to:

- 1 What am I missing?
- 2 I'm on the right track.
- 3 I'll use some of the strategies we've learned.
- 4 This may take some time and effort.
- 5 I can always improve so I'll keep trying.
- 6 I'm going to train my brain in Math.
- 7 Mistakes help me to learn better.
- 8 I'm going to figure out how she does it.
- 9 Is it really my best work?
- 10 Good thing the alphabet has 25 more letters!

## Set yourself some GOALS

### Short Term

What I need to do today..

### Medium Term

What I want to do this month..

### Long Term

What I want to do this year..

Doing this helps us focus on the positive things in our lives and we can look at how we can achieve those goals.

The little changes we make today affect our tomorrows.

Finally! Remember, our pets need the following to be healthy and happy:

Food

Water

Care

Exercise

The same is true for us and our thoughts. We need all of the above to be healthy and happy. We need to change those ANTs into our PETs by taking care of ourselves.

