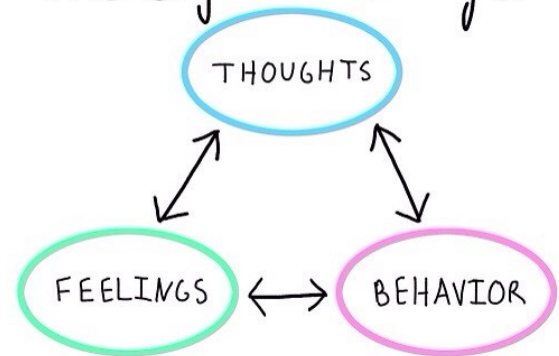




CPS Elementary School Counseling

There's no doubt! We are certainly experiencing unprecedented times. 2020 is a year to be documented in the history books. For many, it's a time of stress, hardship and uncertainty. Now more than ever, we are forced to find ways to cope with the unexpected. You're in luck! One thing we do have control over is our thinking. The way in which we allow ourselves to think impacts so much. Viewing the glass half-full may improve our life span, lower depression and stress and benefit our overall health (Mayo Clinic, 2020)

The Cognitive Triangle



Make Lemonade Out of Lemons

Create A Time Capsule

Want to help your child think more positively about effects of Covid-19? Suggest developing a Time Capsule full of positive memories and gratitude. Grab a box or container and consider adding the following items to your capsule:

- Daily Schedule
- Interview with a Loved One
- Photographs
- Journal Entries
- Drawings

For more ideas or for free printables, visit www.biglifejournal.com

Did You Know?

Our thoughts create our feelings, which in turn influence our behavior or actions. Having a negative thought, causes negative feelings, which then cause negative actions. This works the same with positive thinking. If you tell yourself it's going to be a great day, you're going to feel better about the day and you are going to behave in ways that contribute to a great day. Now this isn't to say that your day is going to turn out great. However, the likelihood is far greater with positive thoughts than with negative thoughts.

Changing negative thinking patterns does not happen overnight. Just as any other new habit, it takes time and practice. Help your child develop positive thinking in the following ways:

- Identify something positive about each day
- Smile, laugh and seek humor
- Follow a healthy lifestyle
- Change negative thoughts or statements into positive ones