

The ABC

We all have ABCs every day, but what is an ABC and how do you recognise it?

A is for **Adversity** which is usually a little problem we have or even just 'A' thing that happens.

B is for **Belief** which is like our internal radio of thoughts or what we are saying to ourselves in our mind. It's our interpretation of the 'A' and may not always be accurate.

C is for the **Consequence** that the A leads to. The consequence is usually an emotion (how we feel) or a behaviour (what we do).

The most important step in the ABC is the B (the belief). What belief did you have? What different thought could you have to improve your emotion (how you feel)? Write down your ABC before and after you changed your 'Belief'. How would you explain ABCs to an alien?

Think like Epictetus!

Learn Mind Control (your own!) Epictetus was a Greek scholar. He said that you can only control two things. **YOUR thoughts**, and **YOUR actions**. Spend the day focusing on this concept. We all have lots of things going on, perhaps now more than ever, but put focus on reminding yourself of the positives, and make your actions a force for good. The world needs more EPIC-tetus types!



Check your story

We tell ourselves a story of what is happening in our day and sometimes things can seem a little overwhelming. We can exaggerate our thoughts and imagine the worst case scenario. Take a moment to look outside your window. The world should seem quite calm as if everything is normal. Try to notice the simple, everyday things outside and sense one thing you could touch, one thing you could smell and one thing you could hear. Imagine things like the birds, flowers and trees. The world you can see is probably not quite as stressful as the story we often tell ourselves.

FACT SHEET

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How I feel

Lift somebody's mood!

Make a card today in the shape of a hot air balloon and write some positive messages and thoughts in the balloon for a loved one to lift their mood and make them feel good. Do you have someone you know who is at home or an elderly relative you can't visit that you could send the card to?



Be thankful

With the influx of information we get, we can sometimes forget the little things. Take a moment to remind yourself of things you have to be thankful for to give you a positive mindset. Here are some ideas:

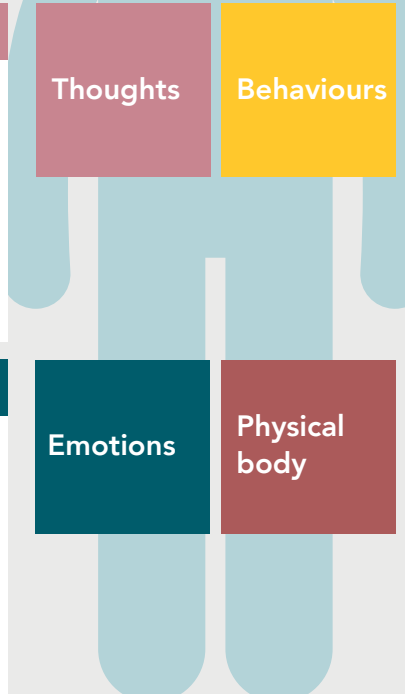
- ◆ Do you have food in your belly?
(If you ate in the last 24 hours, that'll be yes!)
- ◆ Do you have a place to sleep?
A roof over your head at night?
- ◆ Do you have people that check in on you?
Parents / family / guardians / teachers / friends
- ◆ Do you have a pair of shoes, and some clothes to keep you warm?
- ◆ Do you have some form of internet access / use of a computer or phone?

Some people do not have many or sometimes any of those things! If we can remind ourselves to be thankful for all the little things, we become stronger and more resilient, and can help make others stronger too! You can make a difference to how people feel.

The 4 corners of me

Things that happen to us or the choices we make, show up in us in 4 areas – Thoughts, Emotions, Behaviours and Physical body.

Think about how a current situation is showing up in your own 4 corners. If you changed your thought, would this affect the other 3 corners?



Thoughts (in our mind)	Thoughts	Behaviours	Behaviours (what we do)
Before:			Before:
After:			After:
Emotions (how we feel)	Emotions	Physical body	Physical body (in our body)
Before:			Before:
After:			After:

Starting with your thoughts, write in the boxes below how this would show up in your own 4 corners before and after.

My situation:



Begin to learn a new skill today!

Post a video online on how to learn a new skill e.g. basics for learning to juggle, how to sketch something.

