

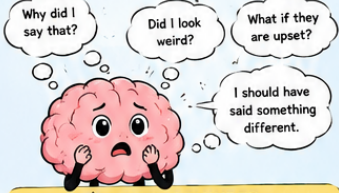
# I CAN BREAK THE STUCK THOUGHTS!

## MY SUPERHERO WELLBEING WORKSHEET

My brain thinks deeply. That's my superpower! But sometimes my thoughts get stuck on things. I can use my tools to reset and move forward!

### 1 WHAT ARE STUCK THOUGHTS?

Sometimes my brain replays the same thoughts again and again. This is called a Social Replay or Stuck Thinking.



#### ★ TRUTH REMINDER

Most people are thinking about themselves — not replaying your mistakes. Everyone says awkward things sometimes.

### 2 HOW STUCK THOUGHTS FEEL IN MY BODY

Tick what happens to you:

- Tight chest
- Fast heartbeat
- Feeling hot or shaky
- Tummy aches
- Wanting to hide away
- Trouble sleeping
- Replaying conversations
- Feeling embarrassed
- Feeling "stuck" in my head

Other: \_\_\_\_\_

### 3 NOTICE THE WARNING SIGNS

Early signs my brain is getting stuck:

- ★ I replay something more than once
- ★ I keep asking "What if?"
- ★ I stop focusing on what I'm doing
- ★ I feel upset but can't move on
- ★ I go quiet or withdraw
- ★ I can't stop thinking about one thing



My warning signs are:

★ \_\_\_\_\_

★ \_\_\_\_\_

★ \_\_\_\_\_

### 4 MY CODE WORD POWER

A code word helps me press pause on stuck thoughts. It tells my brain:

I am stuck. Time to reset!

My code word helps:

- ✓ Interrupt stuck thoughts
- ✓ Remind me to pause
- ✓ Help trusted adults support me
- ✓ Change my thought direction

#### EXAMPLES OF CODE WORDS



MY CODE WORD IS: \_\_\_\_\_

### 5 CHANGE THE THOUGHT DIRECTION

I can guide my brain somewhere new!



#### STEP 1: NOTICE

"My brain is replaying again."



#### STEP 2: USE MY CODE WORD

"RESET!" or my code word!



#### STEP 3: CHANGE DIRECTION

Choose one way to help your brain move on.

- Move my body
- Listen to music
- Drink water
- Draw or colour
- Watch something calming
- Think about facts instead of fears
- Talk to someone safe
- Focus on my special interest
- Take 5 deep breaths
- Name 5 things I can see

### 6 THOUGHT SWAPS

I can change stuck thoughts!

#### STUCK THOUGHT

- Everyone noticed.
- I ruined everything.
- I always get things wrong.
- I cannot stop thinking.
- Something bad will happen.

#### BALANCED THOUGHT

- Most people probably forgot already.
- One moment does not define me.
- Everybody makes mistakes.
- Thoughts pass like clouds.
- My brain is trying to protect me.

### 7 MY CALMING TOOLKIT

Write or draw things that help you feel calm.



### 8 I AM MY OWN SUPERHERO!

My brain is powerful, thoughtful and unique.

I have amazing strengths. I can learn tools. I can choose how I respond!

#### ★ REMEMBER

- Thoughts are NOT always facts.
- I do not need to solve every thought.
- I can notice thoughts without getting stuck inside them.

BE KIND TO YOUR MIND.

YOU ARE DOING YOUR BEST, AND THAT IS ENOUGH.

I'VE GOT THIS!