



Award-winning Student Wellbeing Program

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PARENT SUPPLEMENT MODULE 5

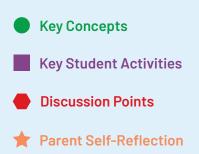
Evidence-based psychological skills training for mental health, wellbeing and resilience in your school







Learning Helpful Thinking







See the Helpful Thinking Template (in the Appendix) as an example of how to train one's thinking.

Key Student Activities

Discussion Points

Parent Self-Reflection

- This week builds on principles we have discussed earlier that thoughts affect the way we feel, but they are not always accurate or helpful.
- If we can learn to think in ways that are **balanced**, **realistic** and **helpful** then our emotional lives will be more balanced.
- Another important part of helpful thinking is in choosing helpful behaviours regardless of the emotions and urges we feel.
- Helpful thinking involves:
- 1. Looking at many possible explanations
- Figuring out a balanced way of thinking about the situation (as opposed to accepting our automatic thoughts, which often include thinking errors)
- 3. Choosing a helpful behaviour
- We can use various writing templates to help us practice helpful thinking. Remember in order to write something down, we need to think it first. Structured writing tasks are actually also structured *thinking* tasks. That is why we recommend people write out their thinking when learning new (helpful) thinking skills.
- Students complete the 'Types of Thoughts' worksheet, exploring the multitude of possible ways in which thinking – rather than events themselves – affect our emotional reactions and subsequent behaviours.
- Students work through the examples of Jane at the choir, and Joseph after football training. They need to identify automatic thoughts, thinking errors and then;
- Create a more balanced, realistic and/or helpful way of thinking about the things that are bothering Jane and Joseph.
- Ask your child to talk you through how they were able to help Jane and Joseph resolve their concerns.
- Why might 'positive thinking' not always be the most helpful kind of thinking?
- Try the Helpful Thinking Template (in the Appendix below) using an example of a situation (either current or past) from your own life.



The Helpful Thinking Process

Step 1 'What is my automatic thought?'	Write it down:	What is the feeling? How strong is it out of 10?
Step 2 'What are three other possible outcomes or explanations?'	Write them down:	
Step 3 'What has happened in the past in this situation, and what is most likely to happen now?'	Write it down:	



Step 4 'What would my thinking brain say, compared to my emotional brain?'	Write it down:	
Step 5 'How would advise a friend in this situation?'	Write them down:	
Step 6 'Given what I've written above, how could I rewrite my original thought (from Step 1), to make it more: ✓ Balanced ✓ Realistic ✓ Helpful?'	Write your more balanced, realistic, and helpful thought here:	What is your feeling now? How strong is your feeling now, out of 10?
My helpful course of action is:		

