

RE-FRAME

Negative Thoughts



The way we think, feel and behave are all linked and continuously affect one another.

When we develop patterns of thoughts or behaviours that are unhelpful these can affect how we feel – and how we feel can in turn affect how we think and behave. It's easy to find ourselves in a vicious cycle.

What's great is that we can influence this process ourselves and improve our mental health by doing so.

This simple gratitude exercise involves flipping a negative thought into a positive one. By using the phrase, "Yes, and..." you can build on the original thought and turn it around into something more positive. So, every time you find yourself thinking or about to say something negative, stop and try saying "Yes, and..." to try to flip the negative thought. This enables you to find the positive in the negative and feel more grateful about the experience or situation. Here are some examples:

"My friends have cancelled our weekend away."

"Yes, and I can now spend some special time with my family."

"I'm exhausted and just need some time for me."

"Yes, and I can respect my needs and prioritise time in the day for me."

"I'm the only one who ever seems to do the household chores."

"Yes, and I can always delegate or ask for help."

"I didn't get the job I interviewed for."

"Yes, and I can use what I learned at the interview to be better at the next one."

Write your negative thought here:

And flip it into a positive thought here:



THRIVING THROUGH
MOTHERHOOD
coaching

OFFICE HOURS:

09:00 - 17:00 Monday to Friday

EMAIL:

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SOCIALS:

If you would like to learn more about how I can support you, I would love to hear from you.

I'm here for you and ready to listen.

I offer 1:1 solution focused coaching that is tailored to suit your needs.

If you have found motherhood a life changing experience, hugely challenging and are in an emotional tug of war between who you were and who you want to be, I can help.

Whether you're starting from rock bottom or a place that just feels unmanageable to you or whether you're on maternity leave or have returned to work, I can help.

I will support you to build a vision for your future, by understanding your current mindset, reflect on where you are right now, gain clarity on where you want to be and identify where the gaps are. Thus creating a plan and focusing on actionable steps moving forward.

As someone who struggled with my own transition into motherhood, I hear you and I get you.

I passionately believe that the support women receive during this rite of passage can be life changing.

Working together through structured sessions, I will see your potential, your strength, your passion, heart and soul.

I am here to motivate you, celebrate you and keep you accountable so you can make the kind of changes that stick.

I am fully in your corner, offering a welcoming, confidential and non judgemental safe space, where you can feel supported, listened to, valued, encouraged and empowered through the process.

WHAT ARE YOU WAITING FOR?