

Youth

EMOTIONAL REGULATION

Managing Unhealthy Thoughts and Beliefs

Description: Do you find yourself responding more to negative things than positive things? Read more to learn about negativity bias (hint: its a survival skill) and how you can use positive psychology to combat your own negative thoughts.

Link: <https://bit.ly/3PKCC6B>

Affirmation Journal Prompts

Description: Journal prompts for affirmations, created by BEAM

Link: <https://bit.ly/3wm2rmn>

Feeling Safe

Description: Finding ways to focus on safety and building a sense of control over aspects of life can help you feel more grounded. Use this worksheet to think through how you can increase feelings of security in life.

Link: <https://bit.ly/3Tc7csx>