



# Managing Negative Thinking

Practical coping strategies and approaches  
to processing negative thoughts

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Moderator: Kate Landreth, Education Lead FCBC



BRITISH  
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# **Territorial Acknowledgement**

# **Webinar Instructions**

- **Everyone will remain muted, and cameras will be off**
- **You can choose your screen name**
- **The chat box will be used during the presentation today**
- **Use the 'Q&A' feature to ask questions**
- **Webinar is recorded and will be sent to you following the presentation with resources**



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# Who We Are



SUPPORT

EDUCATION

ENGAGEMENT

# Emma Donald, MA, RCC

WHO AM I?

WHAT DREW ME TO THIS FIELD?

WHAT ARE MY PRACTICE AREAS?



A photograph of a dense forest of tall evergreen trees, likely spruce or fir, under a thick layer of mist or fog. The trees are dark green and stand against a pale, hazy background. The overall mood is serene and quiet.

**Topics We Will Cover**

# Negative Thinking Patterns

- Short guided meditation
- Overview of negative thinking cycles
- Discussion, reflection, and integration of realistic changes
- Incorporating practical habits with the self-care wheel

# SHORT GUIDED MEDITATION





# Negative Thinking

- **What fires together, wires together**
- **Taking stock of the patterns, and then disrupting the patterns**
- **Challenging beliefs and finding alternatives**



# EXAMPLES OF NEGATIVE THINKING PATTERNS

- **Catastrophizing: jumping to the worst conclusion**
- **Over-generalizing: "everything in my life goes wrong", "this is how it always goes for me", "nothing is good"**
- **All-or-nothing thinking: if I don't have an entire day to look after myself, I can't do anything**

# REFLECTION QUESTION

**What patterns of  
negative thinking do  
you currently find  
yourself in?**



# CHALLENGING NEGATIVE THOUGHTS

- **What's the worst possible outcome? What's the best possible outcome? What is the most likely scenario?**
- **Are there alternatives that might have been missed?**
- **Expanding our point of view and leaning on others**

# REFLECTION QUESTION

**What are some ways  
you could challenge  
your own negative  
thoughts?**

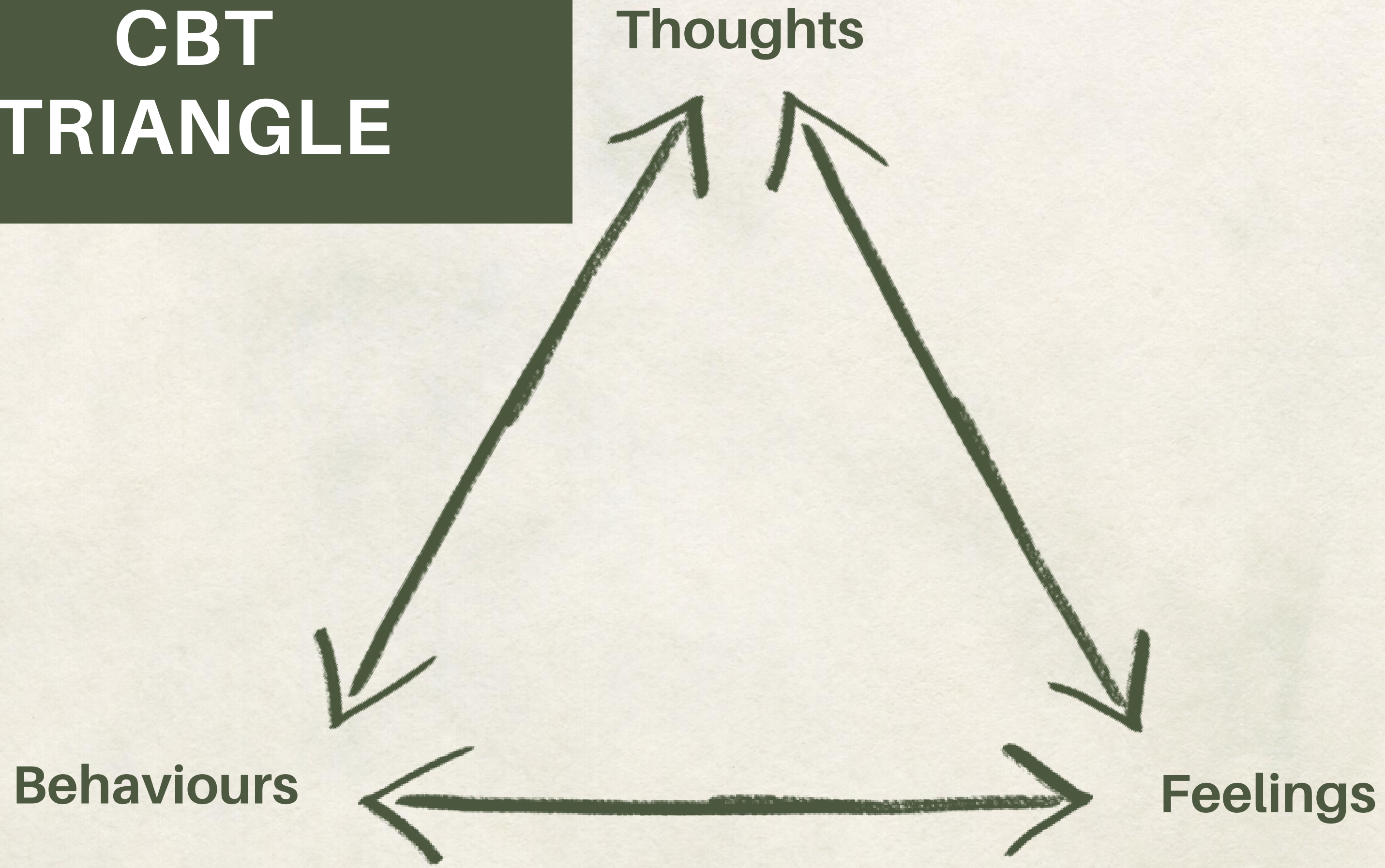




# Coping Strategies

- **The Cognitive Behavioural Therapy (CBT) triangle**
- **Practical habits, and areas of your life to consider**
- **Putting this into practice: the self-care wheel**

# CBT TRIANGLE



# Practical Habits

## SELF CARE IN DIFFERENT AREAS OF YOUR LIFE:

- Emotional
- Physical
- Professional
- Personal
- Psychological
- Spiritual

# Coping Strategies

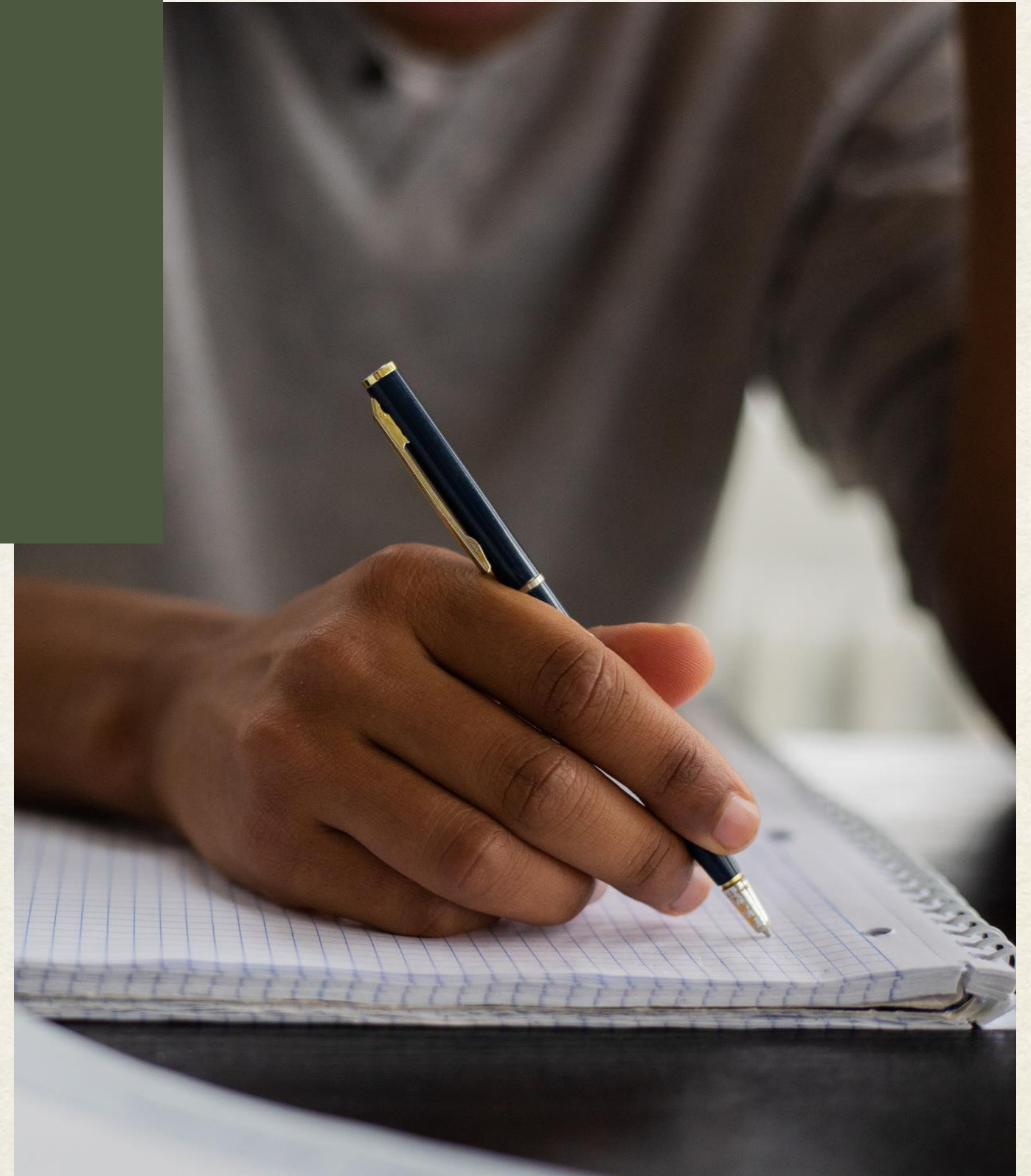
- Meditation
- Breathing exercises
- Grounding
- Leaning on your community
- Accessing resources through Family Caregivers of BC and other organizations
- Getting outside
- Finding joy
- Your ideas...



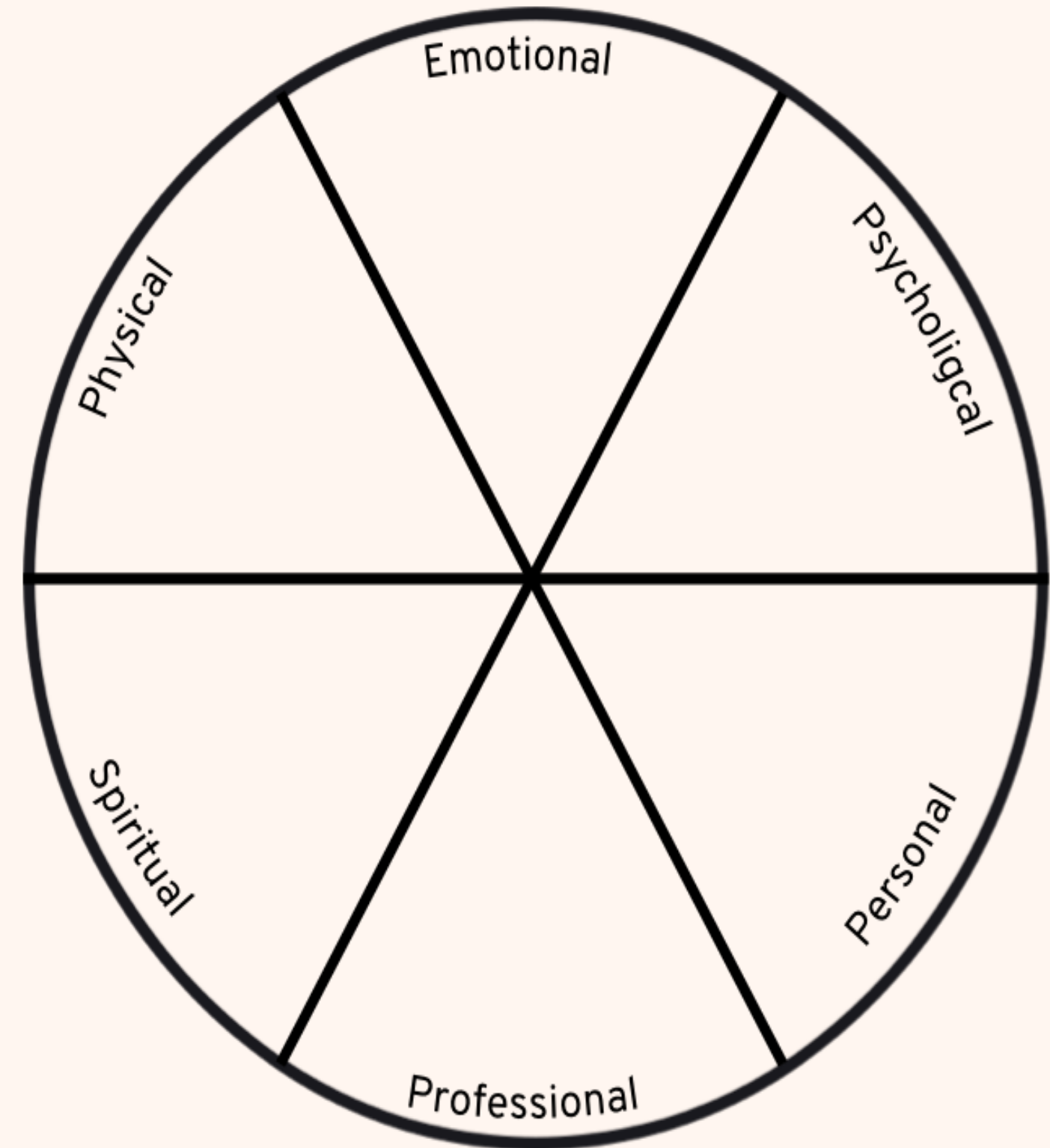
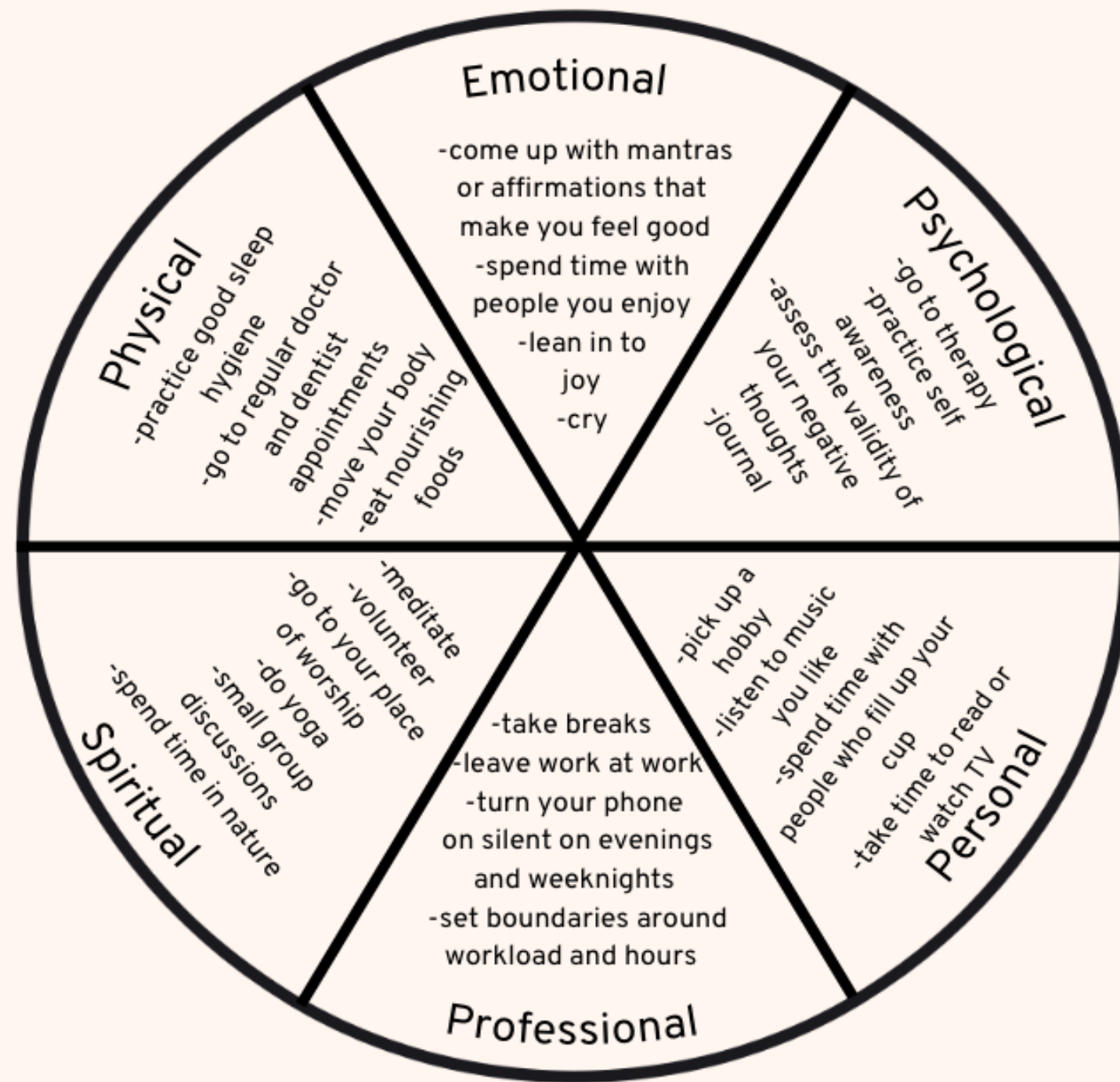
Putting this into practice:

# The Self Care Wheel

Please take a few minutes  
to fill in the worksheet  
with ideas that we've  
discussed that might  
work well for you and  
your life



# The Self Care Wheel



**COMMENTS OR  
QUESTIONS?**



# Useful resources



Resources



Evaluation

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How to contact us

# Family Caregivers of BC

[www.familycaregiversbc.ca](http://www.familycaregiversbc.ca)

1-877-520-3267

**Emma Donald**

**Resources at:**

[www.emmadonaldcounselling.ca](http://www.emmadonaldcounselling.ca)



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