

The 'L' in FLIP-It
Thinking stands for
LANGUAGE



Good humour ingredients

Remember that our brain picks up lots of signals from how we are standing or sitting, what our face is doing, the types of things we are saying and how we're speaking.



Facial Expressions



Body Language



Voice, Tone & Pitch



Types of Words

If we have our heads down, with our arms crossed, a grumpy frown and are muttering, it affects lots of different things – like our family relationships, our friendships (bad moods can be contagious), even the food that we choose to eat.

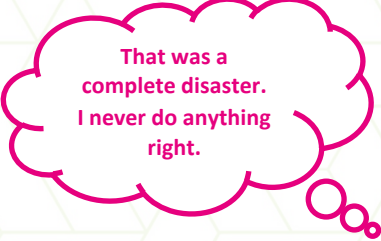
It's okay to be in a bad or sad mood from time to time but, if you'd like to try to FLIP it, there are things that you can do. Even if we don't want to, by smiling, standing tall and using positive words, our brain thinks that we are happy. It can't tell the difference between real and fake happiness. So, it sends lots of lovely chemicals that make us feel better and then we actually want to smile.

If you're struggling to smile, put a pen between your teeth – this has the same effect as a real smile.

A strong power pose, with a positive personal mantra also help us to feel more confident. Try getting into the habit of doing this a couple of times a day.

How can we correct our wonky thinking and language?

Which wonky thinking and language do we need to watch out for?



That was a complete disaster. I never do anything right.

Let's face it – we've all said something like this at one stage or another! But it is important to recognise when we are 'catastrophising'. It just won't be true that we 'never do anything right'. And, it probably wasn't a 'complete' disaster.

Instead, try thinking:

'So, that situation was a bit tough today.'

And yep, we've all said this too!

For our happiness, and so that we keep on learning throughout our lives, it's much more helpful to think 'I can't do it yet' and then work out why.

Do we need more information? Do we need to practise and be prepared to make mistakes? Do we need help from someone?



I can't do it!

Definitely the 3Ps:

- Personal: It only ever happens to **me**.
- Permanent: I **never** get chosen. I **always** mess it up.
- Pervasive (choosing to let one little thing affect everything else): One thing went wrong, but you say, 'I had a dreadful day'.

Exaggerating: I got up a bit late, so today is going to go really badly.

Minimalising: My teacher only gave me good feedback because she feels sorry for me.

Labelling: I'm such an unlucky person.

Fortune telling: I've got to talk about my work in front of the class, I bet I mess it up. (If you think like this, the chances are you will!) Instead, speak positively about what you're about to do – and make sure your thoughts match what you're saying.

Have fun spotting your own wonky thinking and language. Talk back in a positive, more rational way. Also, make sure you help others, if you notice any wonky thoughts or words that you know aren't helping them. Practise kindly challenging them by saying things like, 'Do you remember that time when you were chosen?'