

# Stop Catastrophizing By **PUTTING IT IN PERSPECTIVE**



## What is "Catastrophizing?"

- Ruminating on irrational, worst-case scenarios
- Downward-spiral thinking that wastes energy
- Creates high levels of anxiety, reduces focus, and is counterproductive

## PUT IT IN PERSPECTIVE

### SELF-AWARENESS



**Recognize when catastrophic thoughts are hijacking your attention.**

### POSITIVE EMOTIONS



**Do something that generates a positive emotion:**

- Call a loved one
- Watch a funny video
- Do a deep breathing exercise

### PURPOSEFUL ACTION



**Once you're calm, make a reality-based plan focusing on the most likely outcome and what you can control.**

**Deliberately using positive emotions can help keep you calm and problem-solve creatively.**

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