

Negative thinking — Refers to a pattern of thinking negatively about yourself and your surroundings. While everyone experiences negative thoughts now and again, negative thinking that seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning could be a symptom of a mental illness, such as depression, anxiety disorders, personality disorders and schizophrenia.

Visit our website for more tips on stress relief:
www.Health.Solutions

Health Solutions Support Systems Available in Pueblo

Are you feeling overwhelmed with anxiety, fear and uncertainty?

Give Health Solutions a call. Our phones lines are open 24/7/365.

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Crisis Living Room
1310 Chinook Ln.
Pueblo, CO 81001

CALL

Health Solutions
Crisis Services
719.545.2746



STATE HOTLINE


Colorado Crisis Services
1.844.493.8255

OR TEXT


Colorado Crisis Services, text
TALK to 38255

5 ways to handle negative thoughts


1

Be conscious of your thoughts: As soon as you find yourself thinking a negative thought, stop yourself from thinking it. 


2

Keep Busy: Keeping your hands and mind occupied by doing tasks like cleaning, sorting, knitting etc. helps keep your mind off negative thoughts. 

3

Avoid Triggers: Minimizing contact negative people and avoiding negative triggers can help keep you sane and positive. 

4

Get Rest: Lack of sleep greatly affects your mood, causing you to feel anxious, irritable and angry. 

5

Listen To Music: Listening to your favorite music for 25 minutes a day can bring about a great mood change and have a positive effect on your health and day. 