

Challenge negative feelings

The same way you might if a friend was feeling down on themselves, it can really help to think of some reasons to question your negative feelings. We can be very hard on ourselves and it's much easier to fall into a pattern of self-criticism than it is of self-compassion - but practicing being kind to yourself can help to lift your spirits. For example, if you feel anxious and self-critical, you can try telling yourself that that is your anxiety speaking, not you, and that it will eventually pass without harming you.

Some people find it helps to visualise their negative thoughts in the mind's eye as balloons, and let them fly away.