

Help Resources:

If you are in a crisis please call

Canada Suicide Prevention Service:

Call 833-456-4566 or text 45645

For free online/phone counseling options search the websites below

Windsor Essex Community Health Centre:

<http://www.wechc.org/>

Wellness and Emotional Support for Youth Online:

<https://wesforyouthonline.ca>

Coping Strategy:

If you are having negative, spiralling, destructive or inaccurate thoughts you should try this worksheet! As the title says, it challenges your thinking. We often fall into thinking traps, when one unfortunate event happens such as getting a bad grade, we get stuck in a spiral of negative thoughts which become increasingly inaccurate.

An example of a negative thought spiral/a thinking trap would be:

I received a bad grade and I immediately conclude that I am not smart, I am not smart enough for university, I will never be successful, I won't be able to get a job or be a successful adult

You can write out the answers to the questions or go over it in your head. I find writing it out is more helpful and you can also refer back to your answers days later. Results of the worksheet are different for everyone, sometimes you feel better instantly, or within a few hours, sometimes it takes a few days for the activity to help. However, the goal of the activity is for you to become aware that you're in a thinking trap and that your thoughts aren't accurate. The main goal is to tell yourself something "More accurate, positive or helpful."

Cognitive Triangle: Challenging Your Thinking Mistakes

Feeling
Event
Thinking Doing

EVENT THOUGHTS FEELINGS BEHAVIORS

"Something Happens" "I tell myself something" "I feel something" "I do something"

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Are my thoughts accurate? _____

Are my thoughts helpful? _____

Am I falling into a Thinking Mistake trap*? (If so, which one) _____

What could I say to myself that would be more accurate, positive, or helpful? _____

How would I feel if I told myself this? _____

*Thinking Mistakes Worksheet (e.g., Herbert (2005), *Thinking Mistakes Form*, Drexel University, Philadelphia.

Strategy provided by Windsor Essex Community Health Centre counsellors

Image Resources:

Priest photograph:

- <https://en.wikipedia.org/wiki/Exorcism>
- <https://images.app.goo.gl/Vejp25pZpVBmbUZc8>

Bloodletting:

- <https://www.history.com/news/a-brief-history-of-bloodletting>
- <https://images.app.goo.gl/Z1tJAKRxfd42xFys7>

Exercise:

<https://www.lesmills.com/clubs-and-facilities/research-insights/fitness-trends/history-of-health-clubs-how-gyms-have-evolved-through-the-ages/>

<https://images.app.goo.gl/H4d8LAYGoJ6CE5Po6>

Spinning Device:

<https://collections.nlm.nih.gov/catalog/nlm:nlmuid-101434458-img>

<https://images.app.goo.gl/QH22Z4CEDRcA93Ep9>

Lobotomy:

<https://lithub.com/a-brief-and-awful-history-of-the-lobotomy/>

<https://images.app.goo.gl/kxhuVA1cqKtsSZUD6>

Psychotherapy:

<https://www.atinkaonline.com/fm/7-therapy-apps-to-use-when-you-really-need-to-talk-to-someone/>

<https://images.app.goo.gl/Azhoht5XHmPhGihy5>

Shock Therapy:

<https://www.dailymail.co.uk/health/article-5709703/More-depression-patients-try-Carrie-Fishers-beloved-shock-therapy.html>

<https://images.app.goo.gl/JxmcPQStxarRJL3W7>

Medicine:

<https://www.indiamart.com/proddetail/isoniazid-tablets-300mg-19560539873.html>

<https://images.app.goo.gl/oTABpumXLtcjKCX76>

Neurons:

<https://www.verywellmind.com/what-is-a-neuron-2794890>

<https://images.app.goo.gl/RAfmyCrbSEQDdDgb7>

Neuron Diagram:

<https://medicalxpress.com/news/2018-07-neuron-axons-spindly-theyre-optimizing.html>

<https://images.app.goo.gl/vycUGjxsHk5V5WiK6>

Serotonin:

<https://www.vectorstock.com/royalty-free-vector/chemical-formula-serotonin-molecule-vector-21811128>

<https://images.app.goo.gl/M3LNf6F8rXfjAgUw9>

Neurotransmitters:

<https://www.napervilleintegratedwellness.com/functional-medicine-naperville/womens-digestion-solutions-gut-brain-connection-part-2/>

<https://images.app.goo.gl/Xds1AsTqjJ8URGbY7>

DNA:

<https://www.discovermagazine.com/planet-earth/race-is-real-but-its-not-genetic>

<https://images.app.goo.gl/hSpuBLS6j3J3G6Ax5>

Hippocampus;

<https://www.news-medical.net/health/Hippocampus-Functions.aspx>

<https://images.app.goo.gl/NrG2Vjx4Pf8fa5DZA>

Information Resources:

<https://journals.sagepub.com/doi/10.1177/0141076813486262>

<https://books.google.ca/books?hl=en&lr=&id=Gkg6AQAAMAAJ&oi=fnd&pg=PA1&dq=robert+burton%27s+anatomy+of+melancholy&ots=nounYZSrq9&sig=xAmJIm9B7Je3usaWmw4bDldHU0g#v=onepage&q=treatment&f=false>

<https://worldneurologyonline.com/article-categories/from-the-field/page/9/>

<https://www.nature.com/scitable/blog/brain-metrics/are-there-really-as-many/#:~:text=Approximately%2086%20billion%20neurons%20in%20the%20human%20brain.>

<https://www.health.harvard.edu/mind-and-mood/what-causes-depression>

<https://www.verywellmind.com/who-discovered-depression-1066770>

https://www.gulfbend.org/poc/view_doc.php?type=doc&id=12996&cn=5

<https://www.verywellmind.com/what-is-a-neuron-2794890>

<https://www.hormone.org/your-health-and-hormones/glands-and-hormones-a-to-z/hormones/serotonin#:~:text=Serotonin%20is%20the%20key%20hormone.sleeping%2C%20eating%2C%20and%20digestion.>

<https://www.napervilleintegratedwellness.com/functional-medicine-naperville/womens-digestion-solutions-gut-brain-connection-part-2/>

<https://www.sciencedirect.com/science/article/abs/pii/S0924933802006557>

<https://qbi.uq.edu.au/brain/brain-anatomy/what-neuron#:~:text=Neurons%20>

<https://www.brainfacts.org/brain-anatomy-and-function/anatomy/2012/the-neuron#:~:text=The%20neuron%20is%20the%20basic.%2C%20an%20axon%2C%20and%20dendrites.>

<https://qbi.uq.edu.au/brain/brain-physiology/what-are-neurotransmitters>

<https://www.priorygroup.com/blog/what-is-the-link-between-serotonin-and-depression#:~:text=Research%20shows%20that%20high%20levels,and%20generally%20low%20in%20mood.>

[https://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/about/pac-20393894#:~:text=Electroconvulsive%20therapy%20\(ECT\)%20is%20a,of%20certain%20mental%20health%20conditions.](https://www.mayoclinic.org/tests-procedures/electroconvulsive-therapy/about/pac-20393894#:~:text=Electroconvulsive%20therapy%20(ECT)%20is%20a,of%20certain%20mental%20health%20conditions.)

Lilienfeld, S. O., Lynn, S. J., Namy, L. L., Woolf, N. J., Cramer, K. M., & Schmaltz, R.

(2016). *Psychology: From inquiry to understanding, 3rd Canadian edition*. Toronto, ON: Pearson Education.

<https://www.psychiatry.org/patients-families/depression/what-is-depression>

<https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>

<https://www.canada.ca/en/public-health/services/chronic-diseases/mental-illness/what-depression.html>

Help Resources:

<http://www.wechc.org/>

<https://wesforyouthonline.ca>

<https://www.crisisservicescanada.ca/en/>

<https://www.wechu.org/mental-health/programs-and-services>