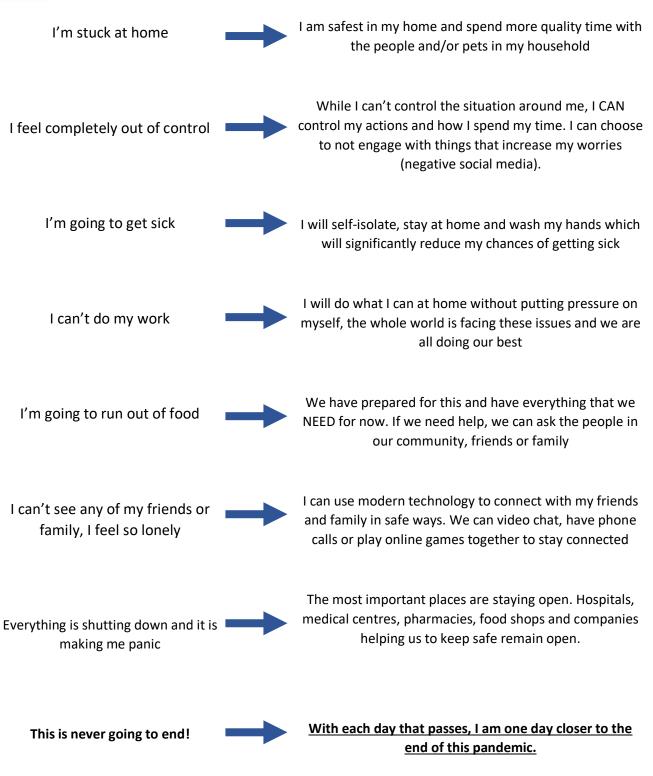


for better mental health North Kent

Mindset Shift During COVID-19



Pause, recognise your thoughts and challenge them with positive statements. Negative thoughts can be automatic and scary, but a thought is just a thought and we can choose to reject them, instead finding alternative ways of thinking.

Shifting your mindset will help ease your anxieties at this time.