



# How can I stop my Negative Thoughts?

“The worst could happen. The best could happen. Life is usually somewhere in between.”

## What are negative thoughts?

- You spend a lot of time thinking about problems.
- Small problems seem bigger than they are.
- You may begin to blame yourself, which is not fair to you.
- You may feel helpless to change things.



## How can I change my negative thoughts?

- Pay attention to all the things that you are doing well.
- Know you are doing the best you can.
- Remind yourself that you are not alone.
- Think of many different ways to solve your problem and choose one. Try it out.
- When you are feeling stuck in negative thinking, practice a breathing exercise.
- Remind yourself that you can choose to think differently.



**Postpartum depression is a treatable illness  
It will end.**

**Talking to us is good for you and your baby.  
We can help. Call 403 205 5178**

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