

# Getting out of the negative rut



A Negative Rut is like a well-worn path: it's easy to follow because it's familiar, but it leads you to feeling down or upset.

You might feel stuck in a negative rut because of your thinking, focusing on negative thoughts or replaying negative things over and over in your mind.

You could also feel stuck in a negative rut because of the things you are doing, either activities that are unpleasant or that aren't as fun as they once were.

To get out of the negative rut, you need to do something different. Here is a list of things to do to get out of a negative rut and make a new path to feeling better!

## THINGS I CAN DO TO GET OUT OF A NEGATIVE RUT:

1.

2.

3.

4.

5.