Managing Unhealthy Thoughts and Beliefs
Description: Do you find yourself responding more to negative things than positive things? Read more to learn about negativity bias (hint: it’s a survival skill) and how you can use positive psychology to combat your own negative thoughts.
Link: https://bit.ly/3PKCC6B

Affirmation Journal Prompts
Description: Journal prompts for affirmations, created by BEAM
Link: https://bit.ly/3wm2rmn

Feeling Safe
Description: Finding ways to focus on safety and building a sense of control over aspects of life can help you feel more grounded. Use this worksheet to think through how you can increase feelings of security in life.
Link: https://bit.ly/3Tc7csx