

Catch it,



check it,



change it



'Catch it, check it, change it' is all about challenging any negative or unhelpful thoughts affecting your feelings and actions. With a little practice, you can help yourself break negative cycles and improve your mental wellbeing.

Give it a try and see how you get on.



Catch it



"I'm lazy"

"I'm not good at my job"

Check it



I could actually be down in the dumps

Says who? Is there any evidence? Can I improve?

Change it



I just need a push to get back on the right track. Let's start with a little exercise.

What am I good at? How can I improve? Let's focus on that.

If you're struggling with your mental health, or you think you know someone who is, visit coop.co.uk/health-wellbeing



It's what we do