

The image features a central text prompt surrounded by several black silhouettes of ants. The ants are scattered across the white background, some appearing to be in motion. The text is the primary focus, rendered in a large, bold, red font with a slight drop shadow.

Are these ANTs bugging you?

# What are these ANTs doing?

ANTs stand for Automatic Negative Thoughts, which can also crowd your mind and affect your mental health!

Help your child to learn to identify his/her ANTs and how to shoo them away before they get to him/her.

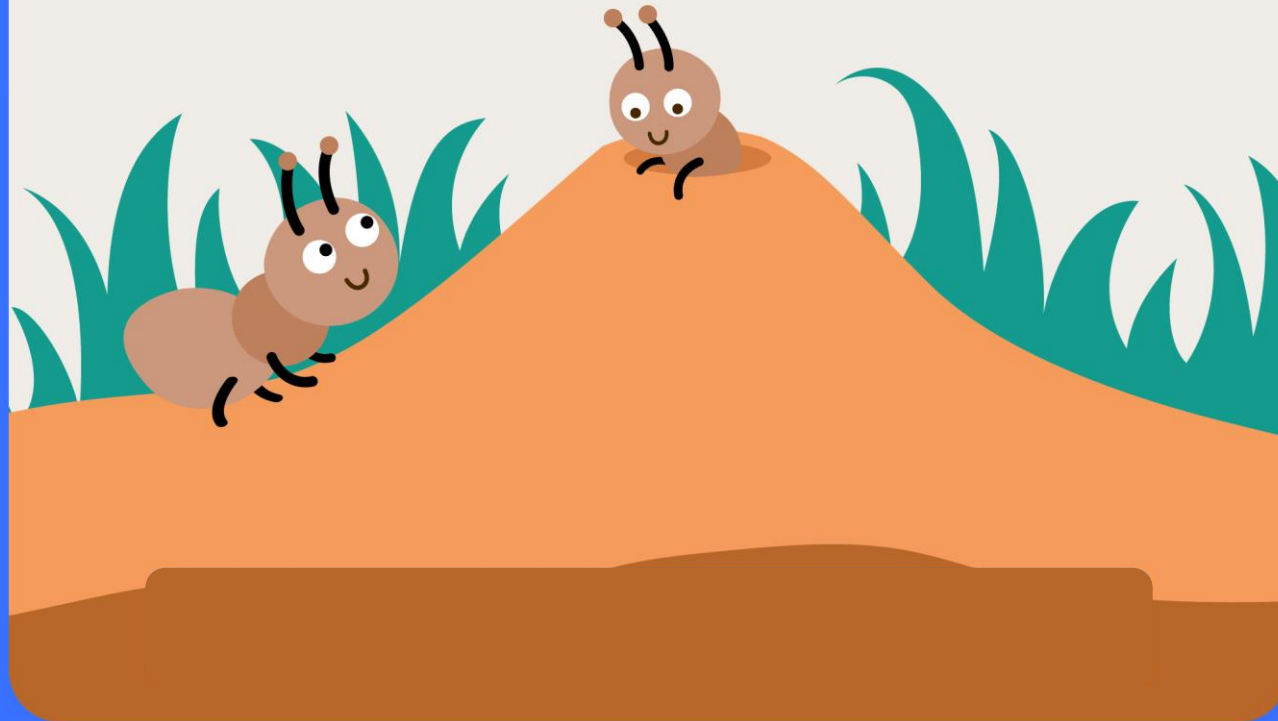
Are these ANTs bugging you?

# SHOO THAT ANT AWAY!

What are these ANTs doing?

ANTs stand for Automatic Negative Thoughts,  
which can crowd our minds and affect our mental health!

Such negative thoughts can influence the way we  
view ourselves, others and our situations. Learn more  
about them and how you can chase them away!

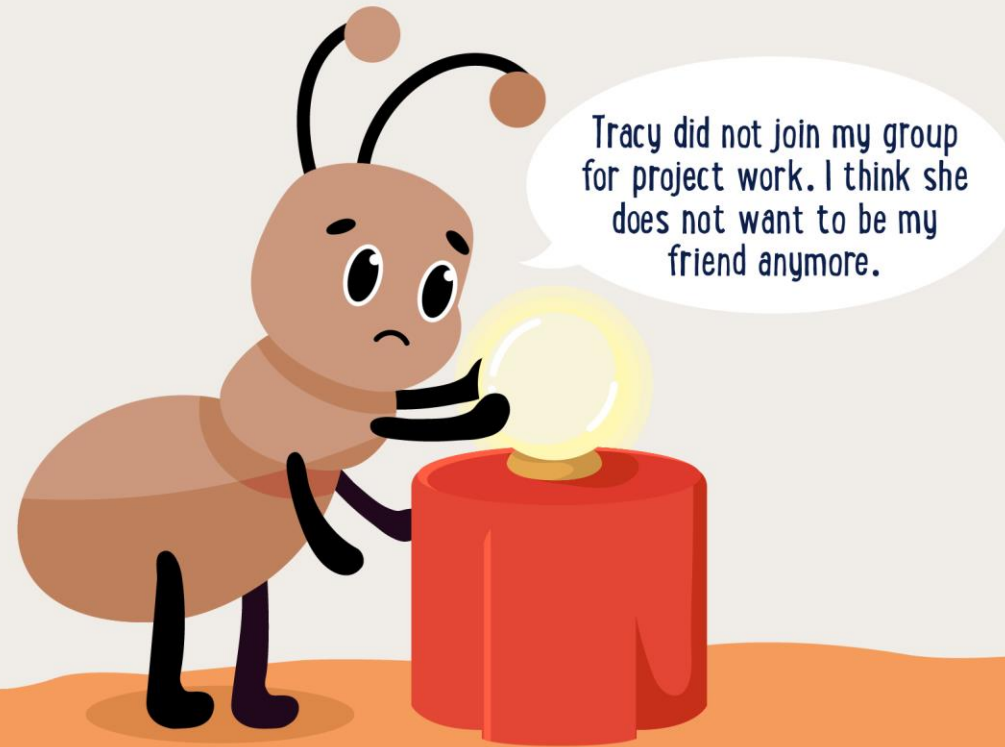


Are these ANTs bugging you?

ANT #1

## FORTUNE-TELLING ANT

This ANT predicts the future and reads minds. It jumps to conclusions and makes negative predictions without evidence.



\*ANTS are Automatic Negative Thoughts. Don't let them crowd your mind!

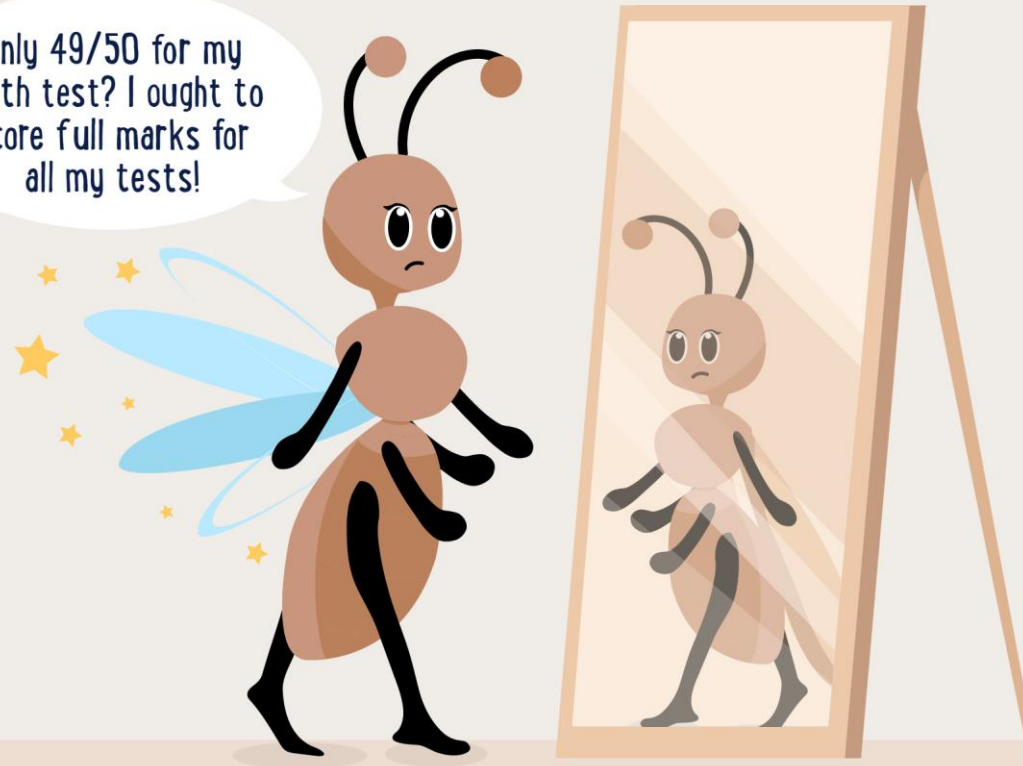
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ANT #2

## UNREALISTIC ANT

This ANT makes unrealistic demands and has overly high expectations of you and others.

Only 49/50 for my math test? I ought to score full marks for all my tests!



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Are these ANTs bugging you?

ANT #3

## OVERGENERALISING ANT

This ANT focuses and dwells on the negative, ignores the positive, and may draw broad negative conclusions based on just one event.



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ANT #4

# CATASTROPHISING ANT

This ANT takes a little problem and makes it big, always imagining the worst-case scenario.



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## ANT #5

# LABELLING ANT

This ANT applies unhelpful labels on you. Instead of saying, "I made a mistake," you tell yourself, "I'm useless".



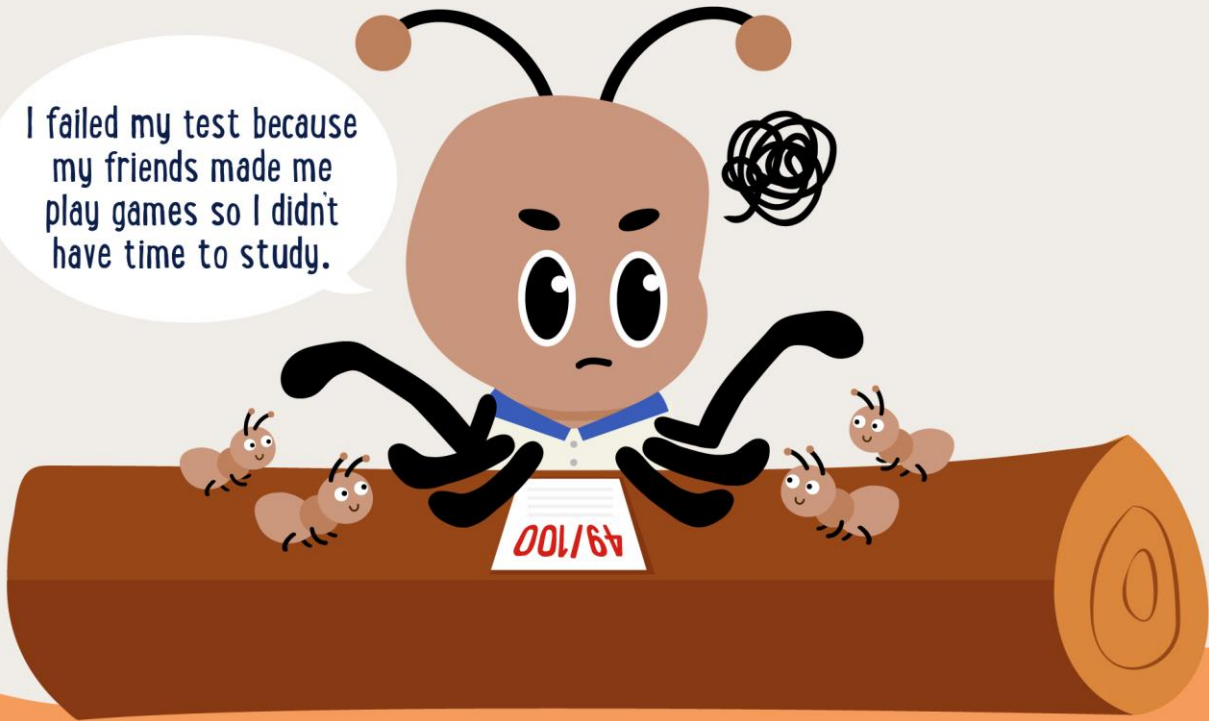
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## ANT #6

# BLAMING-OTHERS ANT

This ANT stops you from reflecting on your role in the situation and makes you believe that all problems are caused by others.



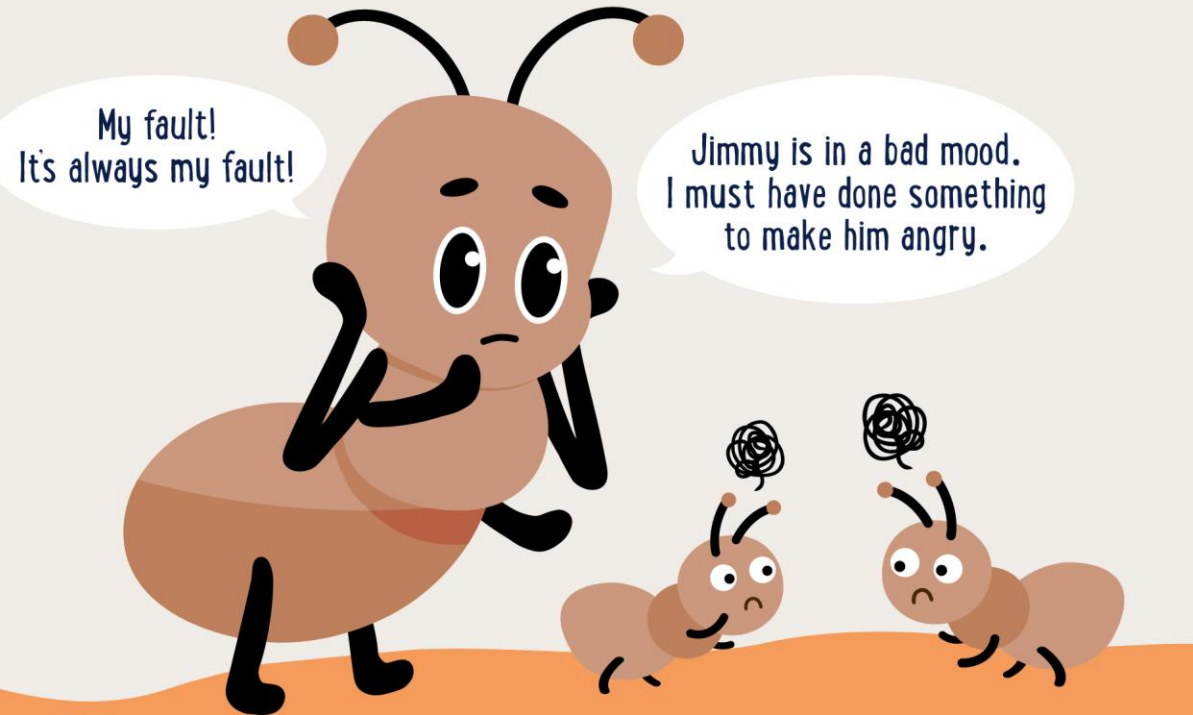
I failed my test because my friends made me play games so I didn't have time to study.

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## ANT #7

# BLAMING-SELF ANT

With this ANT, you believe you are always the cause when things go wrong, even though there might be other factors at play.



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ANT #8

# EMOTIONAL-REASONING ANT

This ANT turns your feelings into conclusions. It makes you assume that because you feel that something is true, it must be true.




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ANT #9

# ALL-OR-NOTHING ANT

This ANT sees events or people in black and white terms, ignores grey areas and possibilities, leading to extreme views.



I won't do well for this test so I may as well not revise for it.

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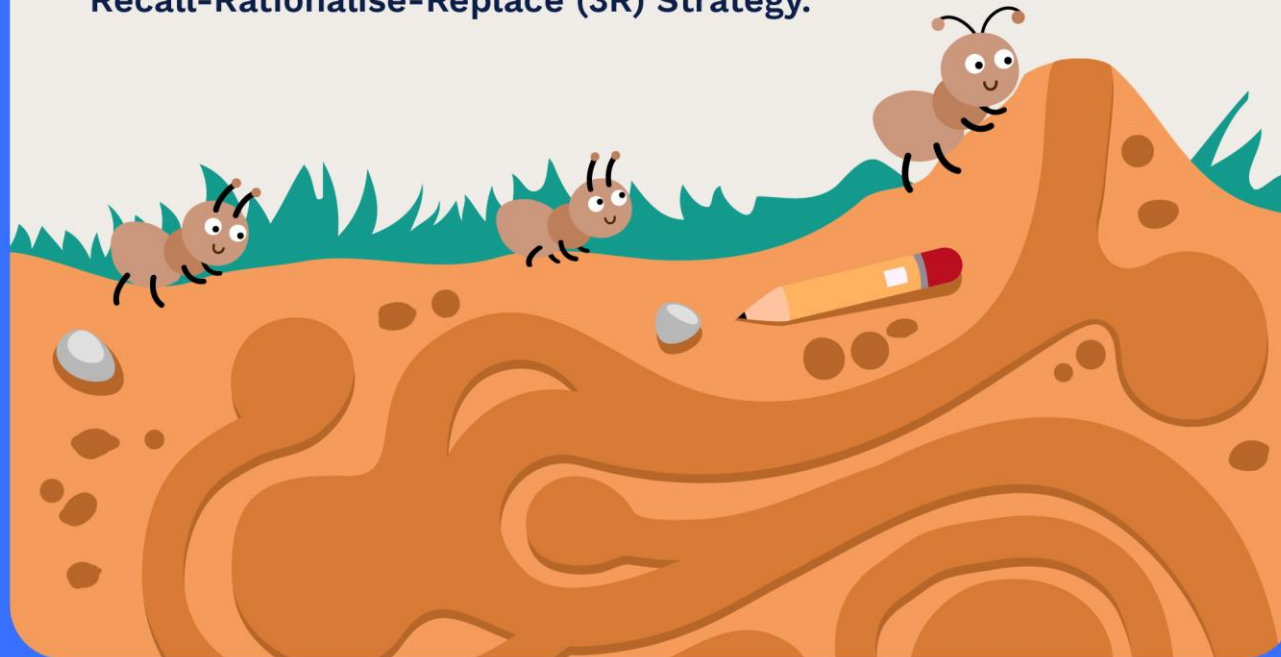
Are these ANTs bugging you?

# SHOO AWAY THOSE ANTS WITH THE 3RS

It is normal to have ANTs now and then, especially when one is under stress or in challenging situations.

But leave them unattended and ANTs can negatively impact our mental health.

Let's tackle these negative thoughts with the Recall-Rationalise-Replace (3R) Strategy.



## Are these ANTs bugging you?

# RECALL

Identify the ANT by recalling the thought that triggered uncomfortable emotions. Make notes so that you can observe any patterns or recurring ANTs.



# RATIONALISE

Break the influence that ANTs can have on you by examining the ANTs critically.

- 1 What is the evidence that this is true?
- 2 Is there another possible explanation for this?
- 3 Am I jumping to conclusions?
- 4 Am I assuming the worst?
- 5 Am I too harsh on myself?
- 6 What would I say to a friend in a similar situation?



# REPLACE

Replace ANTs with helpful thoughts that are constructive, balanced and hopeful.

**Examples:**

- 1 “I’m disappointed I couldn’t do as well as I hoped but now I know what I need to improve on.”
- 2 “It is not certain I will fail at this test as I could answer the other questions well.”

Take a balanced and compassionate view of your situation.  
And allow yourself room for mistakes and for growth.

Shoo away those ANTs! Yes, you can!

