A social story about thoughts and mental health

This social story is about thoughts. The story says that everyone has thoughts in their mind.

Thoughts come and go. Thoughts can make you feel:

- happy
- sad
- worried
- mad
- lonely
- other ways, too.

The story says that you can choose the thoughts you focus on. You can talk to people you trust about what you think and feel.

When you feel sad, you can make plans that help you feel better.

We trust this resource

We trust this resource because it is:

- Made by people who know a lot about the topic

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Advocate Medical Group

The Advocate Medical Group is a health care clinic in the United States of America that treats teens and adults with Down syndrome. The Group also has events and does community outreach and research. The Group has a library of resources.

- Visit