

# How To Get Unstuck From The Negative Muck A Kids Guide To Getting Rid Of Negative Thinking

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4. Try to get the amount of sleep that helps you feel good. Keep to a sleep program if you are having trouble sleeping. 5. Do some sort of exercise every day; try to build up to 20 minutes of aerobic exercise. 6. Try to do one thing each day to make yourself feel competent and in control.

[WHEEL OF EMOTIONS Basic Emotions - Deloitte](#)

outlines four key concepts to get unstuck, embrace change, and thrive in work and life: Showing Up: Emotions are, by their very nature, strong, instinctive states of mind and often difficult to ignore. Practicing mindfulness will help you focus your attention on the present moment and to recognize your emotional patterns without judgement.