

# Break the cycle of negative thinking



Confronting negative thoughts diminishes their influence and empowers you to take control of your thoughts, moods, and behaviors. Such thinking is also known as ANTs, or Automatic Negative Thoughts. Learning to identify ANTs allows people to manage them more effectively and can lead to better overall mental health.

## Recognize the signs of ANTs

- The nine Automatic Negative Ants (ANTS)
- To successfully incorporate the various brain health exercises
- Strategies for the eradication of ANTS

### About the Facilitator:

#### Rebecca Sultan, MA, LMFT, LCADC

Rebecca holds a BA in psychology and education from Whittier College and an MA in counseling psychology from Regis University. She is the manager of Employee Assistance Program services at Behavioral Healthcare Options, where she has worked for over ten years.

Tiene derecho a recibir ayuda e información en su idioma sin costo. Para solicitar un intérprete, llame al número de teléfono gratuito para miembros que se encuentra en su tarjeta de identificación del plan o los documentos de su plan.

### Killing ANTS

Thursday, February 27, 2025  
4 – 5:30 p.m.

Click **HERE** to register or **Scan** the QR code.



Earn 1.5 Clock Hours\*

\*Please indicate on the registration form if CEUs are required.

