

The background features a large, semi-transparent red circle on the left side. The rest of the background is filled with abstract, colorful shapes in shades of blue, green, brown, and black, some containing white dots or patterns. The overall style is modern and artistic.

CHALLENGING NEGATIVE SELF-TALK

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INTRODUCTIONS

- Please share the following:
 - STATE YOUR NAME
 - PLACE OF EMPLOYMENT AND ROLE
 - WHAT YOU'RE HOPING TO GAIN FROM THIS SESSION



MINDFULNESS MOMENT

- BRAIN SMART START
 - Unite
 - Disengage Stress-release tension
 - Create Connections
 - Commit-purpose; "I am" or "I will"



TOPICS OF DISCUSSION



Common negative thoughts



The emotions negative thoughts elicit



Ways to become more positive in our thinking

NEGATIVE THOUGHTS

- Self-Talk = your automatic thoughts
 - Stem from logic and reason vs. fear of the unknown or previous experience
 - What are some common negative thoughts about the following:
 - Family
 - Work/Profession
 - Personal



DIRECTIONS FOR TEXT PARTICIPATION

- To engage with this session through text responses:
 1. Text the phrase "**PWCP781**" to the number **22333**
 2. Wait to receive a welcome text from this session
 3. Throughout the session text your responses when prompted
 4. At the end of the workshop text the phrase "**Leave**" to end participation



POLL EVERYTHING FOR ANSWERS

- TEXT COMMON NEGATIVE SELF-TALK

TYPES OF NEGATIVITY

- **Filtering** -You magnify the negative aspects of a situation and filter out all of the positive ones. For example, you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. That evening, you focus only on your plan to do even more tasks and forget about the compliments you received.
- **Personalizing** -When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.
- **Catastrophizing** - You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and you automatically think that the rest of your day will be a disaster.
- **Polarizing/All or Nothing** - You see things only as either good or bad. There is no middle ground. Either you're a success or you're a total failure.

POLL ANSWERS

- WHICH DO YOU RESOGNATE WITH THE MOST?

POLL ANSWERS

- WHAT EMOTIONS DO YOU EXPERIENCE WITH NEGATIVE SELF-TALK?

REFRAMING NEGATIVE THOUGHTS



- EVALUATE AND QUESTION YOUR THOUGHTS
 - Any evidence to support your negative thought?
 - Any evidence that contradicts your negative thought?
 - Is there an alternative way to look at the situation?
 - What is the *WORST* and *BEST* thing that could happen?
 - Is that a realistic outcome?
 - What advice would I give to someone else if they were in my position?

BENEFITS OF REFRAMING THOUGHTS

- Being optimistic is a great way to reduce stress
- Benefits according to the Mayo Clinic
 - Increased life span
 - Lower rates of depression
 - Lower levels of distress
 - Greater resistance to the common cold
 - Better psychological and physical well-being
 - Better cardiovascular health and reduced risk of death from cardiovascular disease
 - Better coping skills during hardships and times of stress

EXAMPLES OF REFRAMING

NEGATIVE SELF-TALK	POSITIVE REFRAMING
I've never done it before.	It's an opportunity to learn something new.
It's too complicated.	I'll tackle it from a different angle.
I don't have the resources.	Necessity is the mother of invention.
I'm too lazy to get this done.	I wasn't able to fit it into my schedule, but I can re-examine some priorities.
There's no way it will work.	I can try to make it work.
It's too radical a change.	Let's take a chance.
I'm not going to get any better at this.	I'll give it another try.

OPPORTUNITY TO SHARE

- WHAT HAS WORKED FOR YOU IN THE PAST WHEN YOU'VE FACED NEGATIVE TALK?
- WHAT WAS YOUR FAVORITE TAKEAWAY?