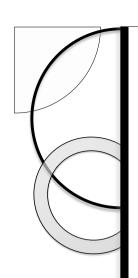


Harnessing Strengths during Challenging Times

Shane Martin Reg.Psychol.Ps.S.I www.moodwatchers.com



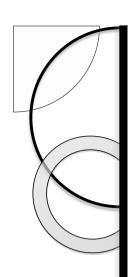


Web: www.moodwatchers.com

Email: moodwatchers@eircom.net

Moodwatchers is on Facebook

Moodwatchers blog



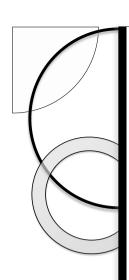
What matters most?

HEALTH

HAPPINESS

MONEY?

RESILIENCE

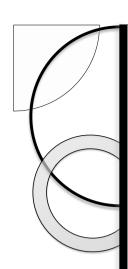


Three realities

• We are all vulnerable

We will all face challenges, crises

 We underestimate our own potential to cope during the challenging times

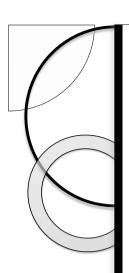


What as psychology researched?

Illness

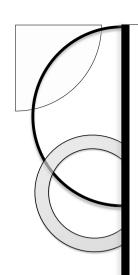
What is wrong with people

Why people fall down



What does psychology provide?

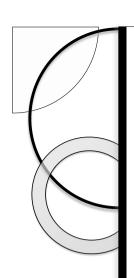
- Interventions for people when they have symptoms
- Assessment and reports about what is wrong and what is causing it
- Theories for failure rather than success
- Tests to see how weak you are, how low your mood is, how anxious or stressed you are?



Science is as good as it gets

 Science can be applied to help us understand what makes us healthier and happier

Authentic happiness

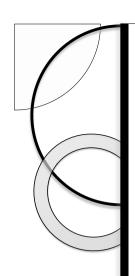


 What keeps us strong during the challenging times?

What is right about us?

Harnessing inner-strengths

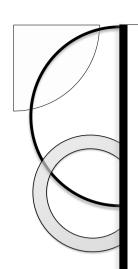
- 8 to 0 but also 2+ to 8+



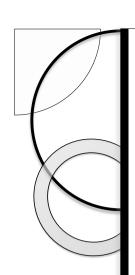
Ten tips for a better quality of life

Scientifically validated for enhancing health and happiness

THIS IS FOR YOU!!



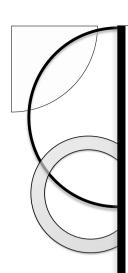
1. RATIONAL THINKING



A degree of stress is helpful

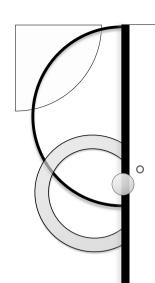
Prolonged stress is bad for us

 Unhealthy stress eats away at our health and happiness



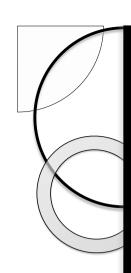
The Role of Thinking within Stress

- Bias thinking
- Irrational thinking
- Private thinking
- Powerful thinking



INTERNAL DIALOGUE AUTOMATIC SELF-TALK

Our private world of thoughts, our interpretation of past and present, our predictions for the future are very powerful influences on mood

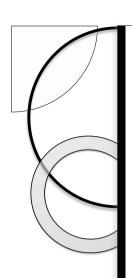


Exploring the thought:

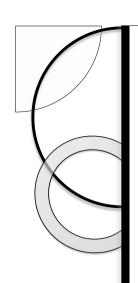
•Is it helpful?

•Is it fair/rational?

•Is it absolutely true?



- Is there another way of making sense of this?
- Am I right to be as annoyed as I am?
- Would this annoy you as much as it's annoying me?
- Does it really matter?
- Have I got good advice or am I making conclusions on my own?
- Am I my own best or worst coach?

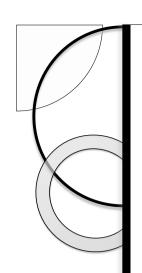


Consulting / Practical advice and solutions

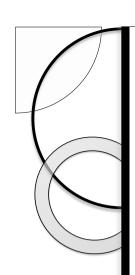
Watch out for KNOW-ALL-ISM

The power of questions

Not to be governed by panic



2. PRACTISE BEING COMPASSIONATE

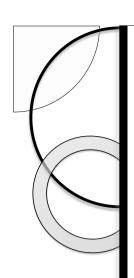


• Self-blame

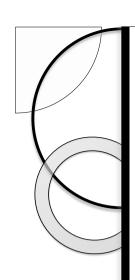
Over analysing

Exclusive rights to stress

You're not on your own!



- You share imperfection with your fellow beings
- We all make mistakes
- Worse things have happened others
- You need to 'mind' yourself not 'hammer' yourself

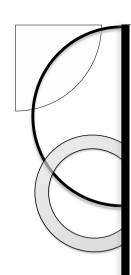


• The clinical benefits of kind acts

Putting our worries into context

Physiological rewards

Seeing the world



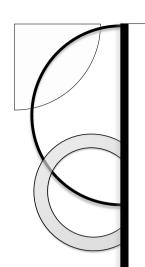
1986 National Institute on Aging undertook a long-term research project

3,617 participants

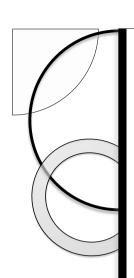
Two groups – one group did volunteer work and one didn't

Surveys at 1986, 1989, 1994, 2006

Better mental and physical health for first group



3. UNLEARN HELPLESSNESS

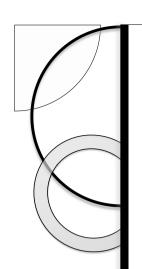


• Failures are temporary setbacks!

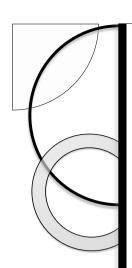
Never underestimate your own potential

 Doing different things, doing things differently

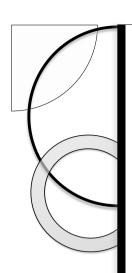
Change (even forced change) can produce opportunities



4. REACH OUT



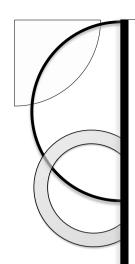
- Being social staying social
- The greatest friend of depression is solitude
- Getting away from it all
- Joining clubs and organisations
- Volunteering
- Starting new things courses etc.
- Quality time with you
- Quality time with family

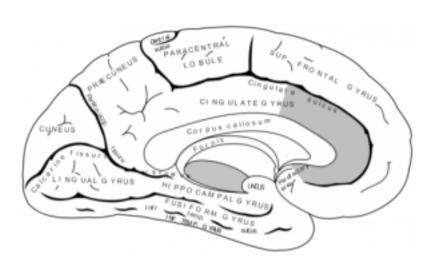


 Psychologists have shown that social ties and increased contact with family and friends are associated with a lower risk of illness

 What's more, a 2010 meta-analysis of 148 studies showed that social connection doesn't just help us survive health problems but the lack of it causes them

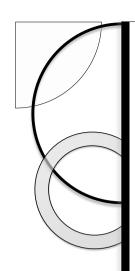
(Williams, 2011)



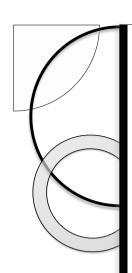


The anterior cingulate cortex—the same structure involved in the emotional component of physical pain

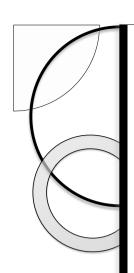
Physiological effects of exclusion



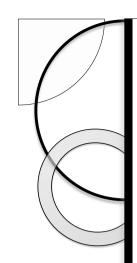
5. INVEST IN GRATITUDE!



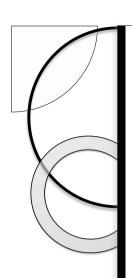
- Counting our blessings
- Looking at what is right about our lives
- Celebrating all the things that we have rather than always talking about the things we don't have
- Digging deep
- Savouring golden moments or days



- Grateful individuals report higher positive mood, optimism, life satisfaction, vitality, and less depression and envy than less grateful individuals (McCullough, Emmons, & Tsang, 2002).
- Grateful people tend to be more helpful, supportive, forgiving, empathic, and agreeable (McCullough, Emmons, & Tsang, 2002)
- The practice of gratitude (counting blessings) is linked to fewer physical symptoms, more optimistic life appraisals, more time exercising, improved well-being and optimal functioning (Emmons & McCullough, 2003)



6. BASKING IN THE 'NOW'



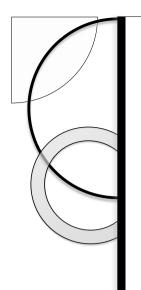
Respecting the past but not being governed by it

Not letting the past hold you back

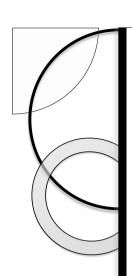
Over anxious about the future

Today is a gift

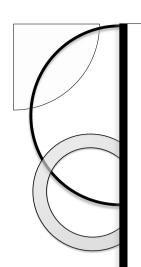
Make today count!



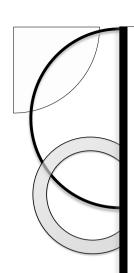
7. INCREASE 'FLOW'!



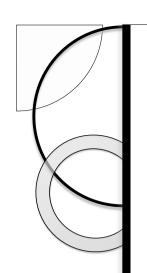
- Doing the things we love best
- Doing the things we are best at
- Starting new things
- Switching the channel
- Being 'stretched'



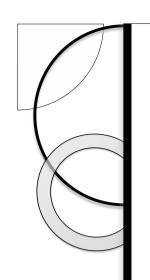
8. INVEST IN THE **SPIRITUAL** SELF!



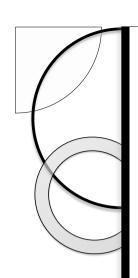
- Sense of purpose
- It's not all about me!
- Life as a journey
- The benefits of prayer
- Investing in our spirituality:
- MINDFULNESS



9. Mind your body EXERCISE, DIET, SLEEP



10. Invest in HUMOUR!



Web: www.moodwatchers.com

Email: moodwatchers@eircom.net

Moodwatchers is on Facebook

Moodwatchers blog