

Minding Ourselves - Uprooting the Roots of Stress

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MOODWATCHERS

Web: www.moodwatchers.com

Resources section



'Like' Moodwatchers (short written pieces about well being etc)



@moodwatchers

NEED MORE HELP?

moodwatching

- We are thinkers
- We do a lot of thinking
- A lot of our thinking is automatic (learned)
- We do not stop and reflect on how we think

MOODWATCHERS

moodwatching

- Our thinking affects our physiology
- We are not aware of the link between our thinking and our mood.
- How we think affects how we feel and in turn influences our behaviour.

MOODWATCHERS

moodwatching

- How we think influences our approach to life
- The sense we make of our own circumstances is crucial
- The meaning we attach to things

- But remember sometimes anxious or stressful thinking is fully understandable and justified
- Indeed, symptoms of stress can be to be expected during stressful times
- Avoiding becoming anxious *per se*
- Avoiding carrying symptoms beyond the stressful event

The Stress Factor

- A degree of stress is helpful
- We all bark and bite!!
- Stressful events merit stress.
- Prolonged stress is bad for us
- Irrational, illogical, unhelpful thinking
- Unhealthy stress eats away at our health and happiness

INTERNAL DIALOGUE AUTOMATIC SELF-TALK

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

THE WAY WE THINK INFLUENCES OUR BEHAVIOUR

MOODWATCHERS

THOUGHTS
↓
FEELINGS
↓
BEHAVIOUR

**THE SENSE WE MAKE OF
OUR WORLD IS CRUCIAL**
**HOW WE SEE OURSELVES,
OTHERS AND THE WORLD
WHEN CHALLENGED**

What types of Unhelpful Thinking are you vulnerable to?

Black or white Thinking

1. Seeing things in extremes
2. No middle ground
3. Good/Bad, Perfect/Useless, success/failure, right/wrong
4. i.e. all or nothing thinking

What types of Unhelpful Thinking are you vulnerable to?

Filtering

1. Seeing all that is wrong with oneself or one's circumstances
2. Ignoring the positives

What types of Unhelpful Thinking are you vulnerable to?

Arbitrary Inferences – (Automatic conclusions without evidence)

- Joining the dots wrongly
- Instamatic decision-making

What types of Unhelpful Thinking are you vulnerable to?

Over-generalisation

Building up one thing about oneself or one's circumstances and concluding that it represents the whole situation.

E.g. Everything is going wrong!
 “Because of this mistake, everyone will think that I am stupid.”
 Something happening once or twice is *happening* all the time.

What types of Unhelpful Thinking are you vulnerable to?

Mind-Reading

Making guesses about what other people are thinking/ their motives

E.g “ She is trying to undermine me in front of the staff.”

“I know what he really means.”

What types of Unhelpful Thinking are you vulnerable to?

Fortune-telling

Treating beliefs about the future as though actual realities

Predictions, anticipating crisis, planning for the crisis that hasn't happened

THE WAY WE THINK INFLUENCES
OUR BEHAVIOUR

Exploring the thought:

- Is it helpful?
- Is it fair?
- Is it absolutely true?

It is not events *per se* which determine our feelings but the meaning that we attach to these events.

“The mind is a powerful place...it, of itself, can make heaven out of hell or hell out of heaven.”
John Milton

The possibilities

- We can change the way we think
- And consequently change the way we feel
- We can test our theories out
- We can uproot unhelpful belief system
- We can consult and follow sound advice
- We can switch the channel

● GOOD QUESTIONS

- 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?
- How annoyed do you want to be?
- How long do you want to be annoyed for?
- Have I got good advice or am I making conclusions on my own?
- Am I my own best or worst coach?

- **HOW CAN I HELP MYSELF?**

- Consultation / Advice / Watch out for Know-all-ism
- Letting others help you - Seeking support
- Daily Exercise
- Social connection
- The Therapeutic Benefits of Distraction
- Prayer/Spirituality
- WWW/3GTS

- **STRESSFUL BELIEF SYSTEMS**

- 1 Perfectionism
- 2. Control
- 3. People Pleasing
- 4. Absolute and instant competency