

MINDING YOUR MIND



AIMS OF THIS WEBINAR

- LOOKING AFTER YOUR WELL-BEING
- AWARENESS OF STRESS AND ANXIETY
- LINKS BETWEEN THOUGHTS, FEELINGS & BEHAVIOURS
- UNHELPFUL THINKING STYLES AND CHALLENGING THOUGHTS
- RELAXATION



STUDYING AT HOME

- LACK OF MOTIVATION
- WORRYING ABOUT THE FUTURE
- ALL THE WHAT IFS?
- FEELING STUCK IN A RUT
- ISOLATION



WELL- BEING AND ROUTINE



exercise regularly, especially walking



keep regular sleep routines



maintain a healthy, balanced diet



practice relaxation techniques such as breathing exercises

Stress vs. Anxiety

Stress



cause / origin

short term and in response to a recognized threat



symptoms

faster heartbeat
faster breathing
diarrhea or constipation
anxious thoughts
moodiness, irritability, or anger
general unhappiness
a feeling of being overwhelmed
loneliness
nausea

Anxiety



can linger and may not have an identifiable trigger



faster heartbeat
faster breathing
diarrhea or constipation
a feeling of unease or dread
sweating
nervousness
tenseness
restlessness

SIMILARITIES/DIFFERENCES

TRIGGERS FOR STRESS



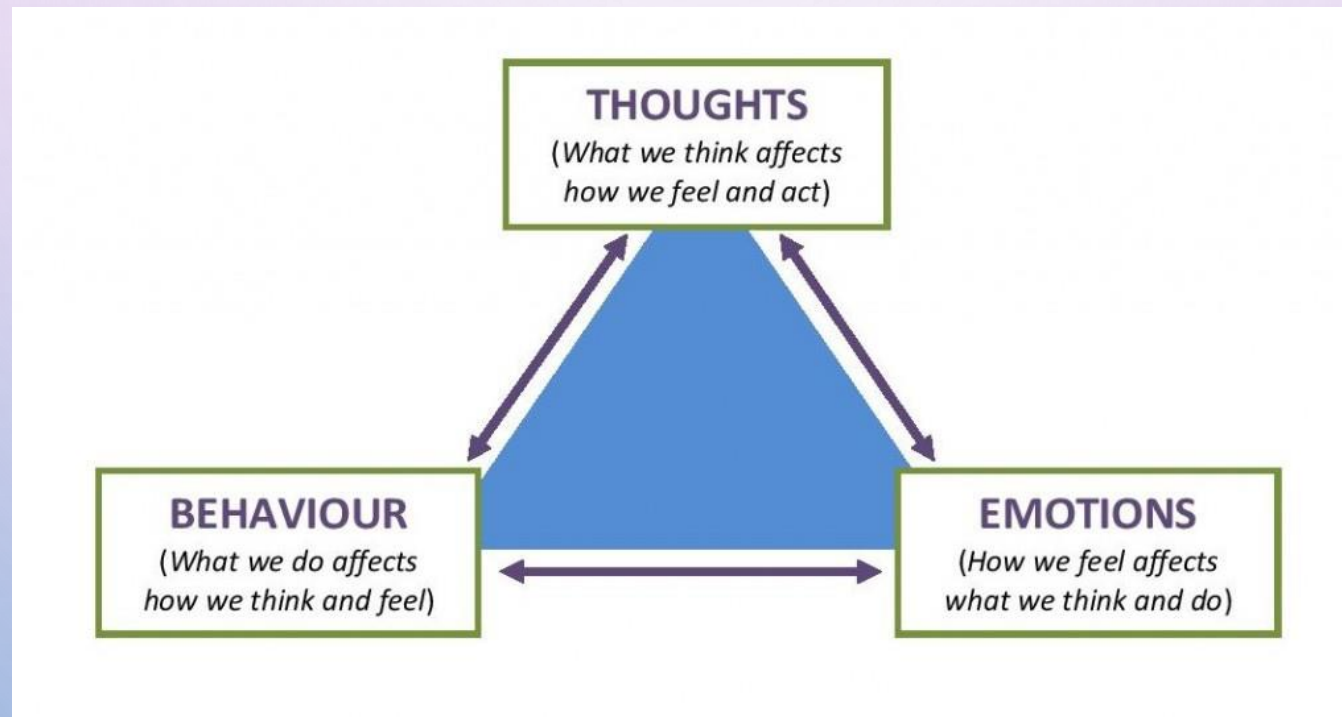
COMMON EXTERNAL CAUSES OF STRESS INCLUDE:

- MAJOR LIFE CHANGES
- COLLEGE OR WORK
- RELATIONSHIP DIFFICULTIES
- FINANCIAL PROBLEMS
- BEING TOO BUSY
- CHILDREN AND FAMILY

COMMON INTERNAL CAUSES OF STRESS INCLUDE:

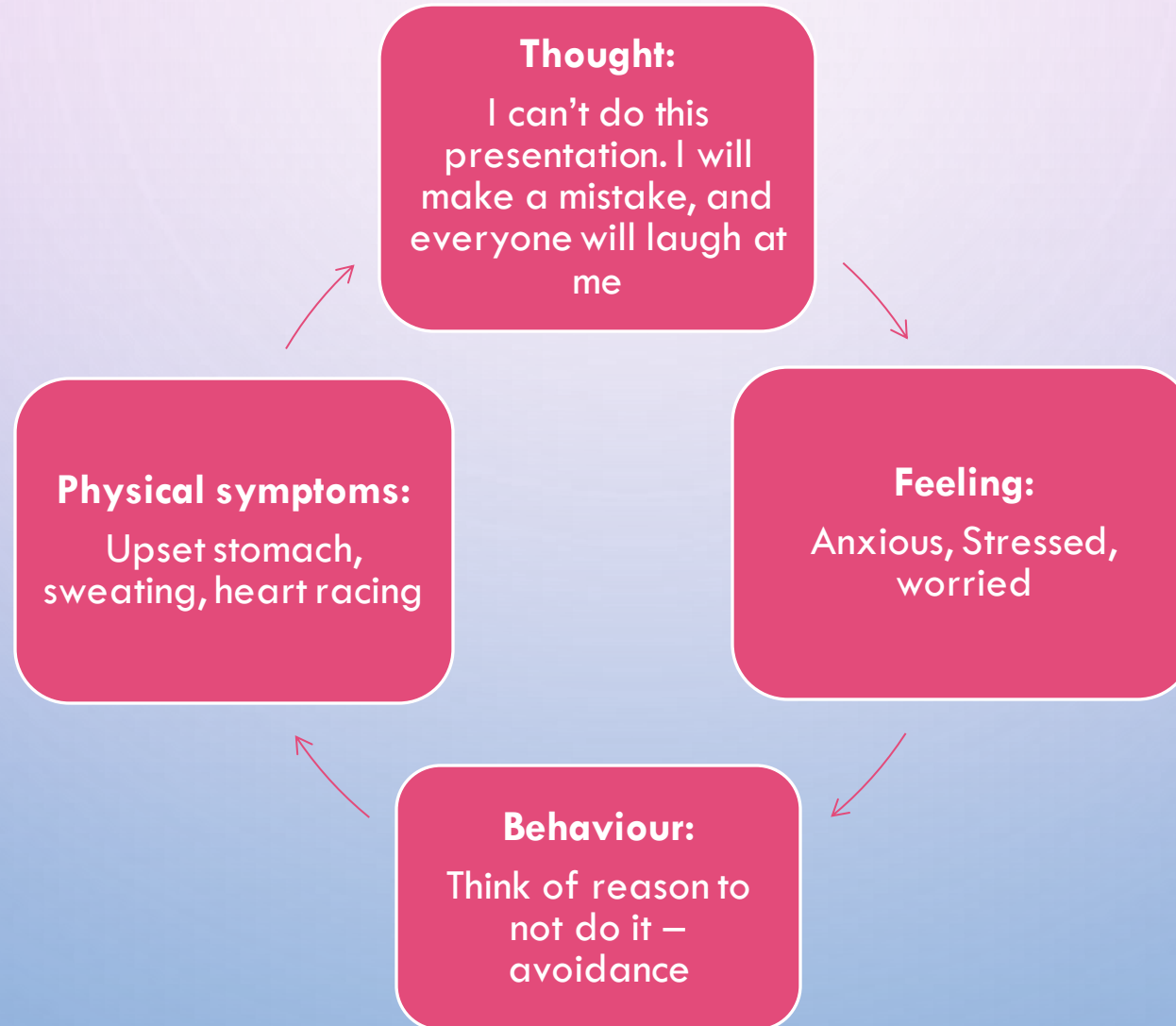
- PESSIMISM
- INABILITY TO ACCEPT UNCERTAINTY
- RIGID THINKING, LACK OF FLEXIBILITY
- NEGATIVE SELF-TALK
- UNREALISTIC EXPECTATIONS/PERFECTIONISM
- ALL-OR-NOTHING ATTITUDE

LINKS BETWEEN THOUGHTS, FEELINGS & BEHAVIOURS

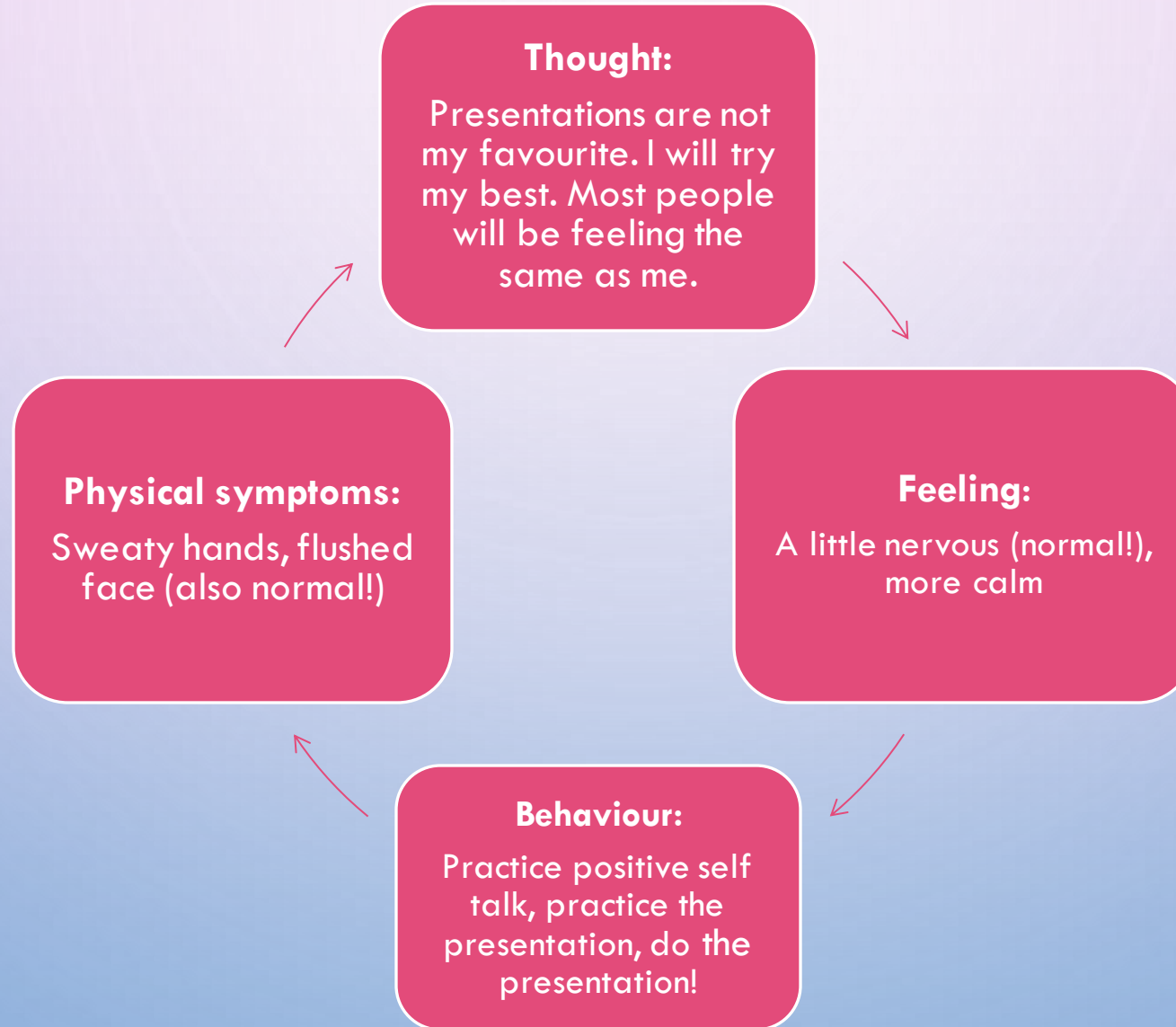


Unhelpful thinking example

Situation: Student preparing for a presentation



Alternative way of thinking

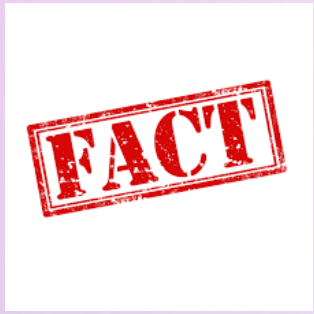


AT STRESSFUL TIMES WE ARE DRIVEN BY
OUR EMOTION & OUR OPINION

Emotion

Opinion





FACT VS OPINION



FACT – EVIDENCE BASED

- EVIDENCE TO SUPPORT ITS TRUTH
- UNDISPUTABLE
- DRIVEN BY RATIONAL THOUGHT
- HEAD

OPINION

- BASED UPON A BELIEF OR PERSONAL VIEW
- ARGUABLE
- DRIVEN BY AND REINFORCED BY EMOTION
- HEART

If OPINION, then we can look at the facts – what we do know about the situation. If FACT, then we can make choices about the best thing to do.

- WHAT WORDS MIGHT WE USE TO DESCRIBE THIS PICTURE?



Facts – Evidence based

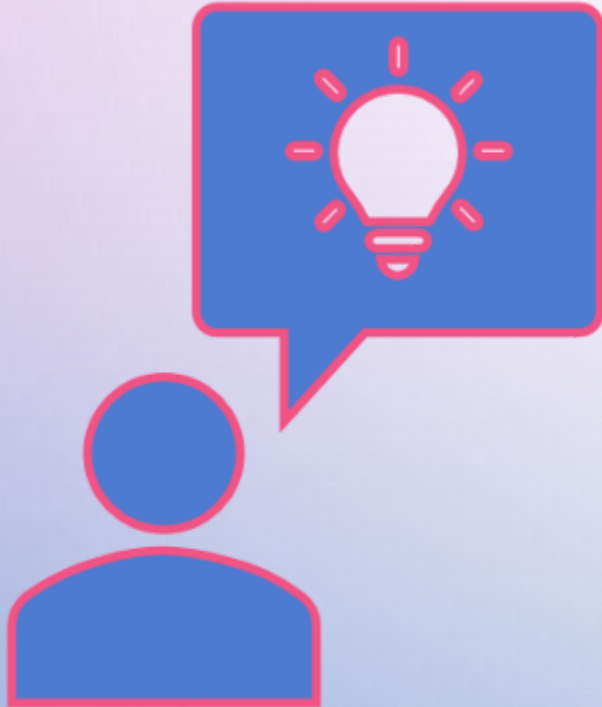
- Clown
- Painted face
- Colourful
- Circus performer
- Smiling

Opinions - Varies

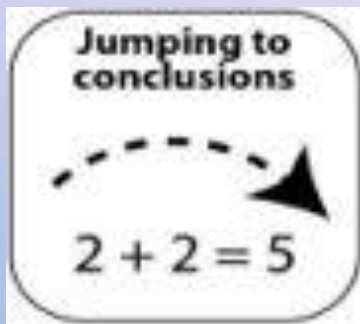
- Funny
- Scary
- Happy
- Creepy

FACTS ABOUT THOUGHTS

- THOUGHTS ARE NOT FACTS
- NOT ALL THOUGHTS ARE TRUE
- THOUGHTS ARE AUTOMATIC – THEY COME INTO OUR HEADS WITHOUT US REALIZING
- THEY CAN CAUSE DISCOMFORT SOMETIMES
- A RECENT STUDY FOUND THAT THE AVERAGE PERSON HAS 6,200 THOUGHTS EACH DAY



UNHELPFUL THINKING STYLES



HELPFUL OR UNHELPFUL?

- I FAILED MY ENGLISH EXAM – I'M A FAILURE
- I DIDN'T GET THE RESULT I WANTED IN MY EXAM, I WILL DO MORE STUDY NEXT TIME
- I AM KIND TO OTHERS, I'M A GOOD PERSON
- JOHN WAS WALKING DOWN THE ROAD AND I WAVED BUT HE DIDN'T WAVE BACK – HE MUST NOT LIKE ME
- I MUST GET 100% IN ALL OF MY EXAMS
- WHAT IF I START MY NEW JOB AND NOBODY TALKS TO ME?

CHALLENGER QUESTIONS FOR NEGATIVE THOUGHTS



Is this true?



Is this a fact or opinion?



What unhelpful thinking style might this be?




Is there another way I could look at this?



What would a friend/family member/colleague say?

OVERCOMING 'UNHELPFUL THINKING STYLES'



IDENTIFY IT / NOTICE IT
THE FIRST STEP IS SIMPLY TO BECOME AWARE OF UNHELPFUL THOUGHTS & THINKING STYLES. NOTICE IT & NAME IT

CHALLENGE IT
NOT ALL THOUGHTS ARE TRUE - TIME TO CHECK OUT IF IT'S REALISTIC & TO GENTLY CHALLENGE IT SOME USEFUL Q'S TO ASK YOURSELF: WHAT WOULD I SAY TO MY BEST FRIEND? IS THIS A FACT? WHAT ELSE COULD BE TRUE?

RE-WRITE IT
COME UP WITH A MORE REALISTIC, KIND, HELPFUL, HEALTHY & BALANCED THOUGHT

BE MINDFUL
YOU CAN ALSO JUST SIMPLY OBSERVE THE THOUGHT, WITHOUT JUDGEMENT, & ALLOW IT TO PASS

DISTRACT
OR YOU CAN TRY DISTRACTING FROM UNHELPFUL OR REPETITIVE THOUGHTS, WITH HEALTHY ACTIVITIES.

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BUILDING YOUR WELLNESS TOOLBOX

- GET OUTDOORS
- CALL A FRIEND
- WRITE IN A JOURNAL – WRITE YOUR THOUGHTS DOWN (BRAIN DUMP)
- LESS CAFFEINE
- MUSIC
- WATCH A FUNNY SHOW/MOVIE
- READ



POSITIVE AFFIRMATIONS

TRY TO SAY TWO POSITIVE THINGS TO YOURSELF
EVERYDAY

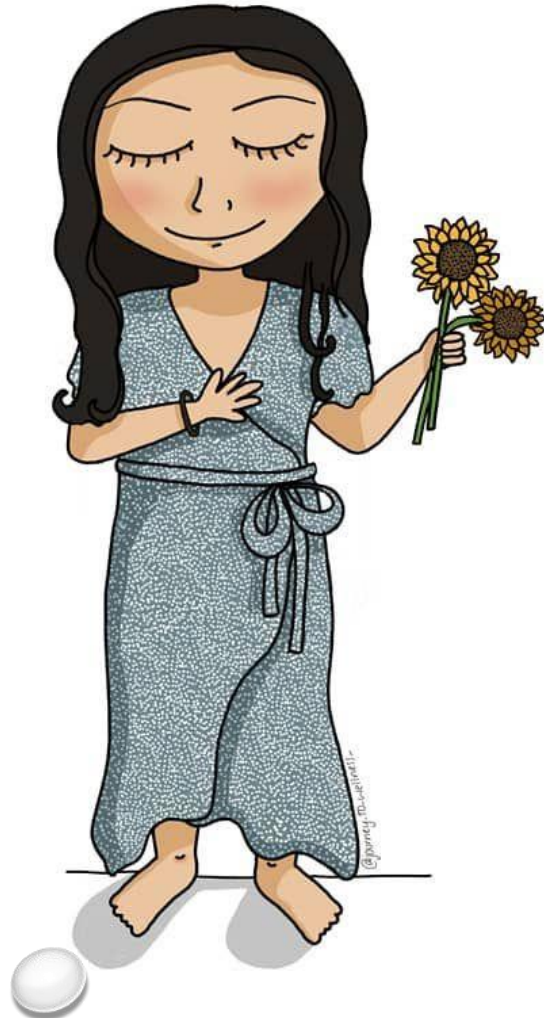
EXAMPLES:

- *I'M DOING MY BEST EVERYDAY*
- *I'M KIND TO OTHERS*



GROUNDING TECHNIQUE

- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN FEEL
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 GOOD THING ABOUT YOURSELF



GROUNDING TECHNIQUE

BREATHING EXERCISES

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HOT CHOCOLATE BREATH



1. HOLD YOUR HANDS OUT IN FRONT OF YOU, AS IF YOU WERE HOLDING A MUG OF HOT CHOCOLATE.
2. BREATHE IN SLOWLY, IMAGINING YOU ARE INHALING THAT WARM COCO SMELL, THROUGH YOUR NOSE.
3. GENTLY EXHALE THROUGH YOUR MOUTH, LIKE YOU WERE TRYING TO COOL DOWN THE HOT CHOCOLATE BEFORE YOU TAKE A SIP.

○ REPEAT - NOTICE AS YOU FEEL MORE CALM. YOU MAY EVEN NOTICE YOUR HANDS FEELING WARM.

Deep breathing using your hand.



COUNSELLING SERVICE WORKSHOPS

- WELL-BEING
- MINDFULNESS
- YOGA
- ANXIETY
- PROCRASTINATION
- RELATIONSHIPS
- BEREAVEMENT



SUPPORTS FOR YOU!

- **IF YOU FEEL ANXIOUS ALL THE TIME, FOR SEVERAL WEEKS OR IF IT FEELS LIKE YOUR ANXIETY IS TAKING OVER YOUR LIFE, THEN IT'S A GOOD IDEA TO ASK FOR HELP. YOUR GP SHOULD BE YOUR FIRST POINT OF CONTACT. IF IN DISTRESS OR OUT OF OFFICE HOURS YOU CAN CONTACT THE A&E DEPT. OF YOUR LOCAL HOSPITAL.**
- HELPFUL CONTACTS;
- COUNSELLING SERVICE: 01 7083554 OR TEXT MU TO 50808
- SAMARITANS IRELAND; FREEPHONE: 116 123 JO@SAMARITANS.ORG WWW.SAMARITANS.ORG
- YOUR MENTAL HEALTH WWW.YOURMENTALHEALTH.IE
- SOCIAL ANXIETY IRELAND 01 803 2919 WWW.SOCIALANXIETYIRELAND.COM
- MENTAL HELP WWW.MENTALHELP.IE

THANK YOU!

