

August 2, 2021

Good morning and happy Monday team!

This email will start week two of Motivational Monday. Be proud of yourself! Positive thinking can be a difficult task. Take a moment to check in with yourself. What thoughts are showing up for you? What emotions are you experiencing? Positive mindset tools can be as simple and accessible as a quick check-in. There is no right or wrong answers to these questions. Let's look at positive mindset tools that help reduce stress and burnout.

***Let's make time to sit with our thoughts.**

It is critical that you take time for yourself. Remember that you are worthy of this time.

Simple Ways to Practice Positive Thinking Every Day

- **Mindfulness**- the practice of being in the present moment
 1. Often, our minds are consumed with the future or the past
 2. Take a moment to use your five senses. Notice the things around you (what you see, what you hear, what you feel etc.)
 3. Allow your brain space to process your experiences in the here and now
- **Meditation**- the practice of training your attention through active awareness and focus on stimuli
 1. Notice the thoughts and feelings that arise /bring your attention to whatever the meditation has you focusing on
 2. Focus on your breathing
 3. You are allowed to think and feel
- **Visualization**- using your mind's eye to literally visualize whatever you are imaging.
Guided Imagery- using your mind's eye to immerse all five of your senses into your image
 1. Think of that place that brings you peace and comfort
 2. In stressful situations, let your mind go to that place
- **Breathing**- a source of power that anchors us to the present moment and also helps regulate our autonomic nervous system
 1. Notice your breath
 2. Notice its pace and depth and see where you can feel it the most in your body
 3. Count your breaths (Five seconds in, Five seconds out)
- **Gentle Movements**- impacts your mental and physical resilience
 1. Yoga
 2. Stretching
 3. Walking

- **Journaling**- great way to process feelings and shift your mindset
 1. Write a few words or a whole book
 2. Helps externalize thoughts and or distressing emotions, fosters insight, and improves your ability to process them

Let's get in the habit of **practicing at least one of these tools daily** to help promote positive thinking. Remember to take it day by day. You are nourishing your outlook and doing this, in turn, nourishes your whole self. Don't take this lightly. Know that even the smallest shifts in your outlook will make significant ripples in your life.

"If you are positive, you'll see opportunities instead of obstacles." – Confucius

Peace,
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