

August 23, 2021

Good morning and happy Monday team!

I hope you all have befriended that inner critic. Now, let's look at shifting our mindset. Shifting your mindset isn't a linear process. Likely there will be ups and downs along this journey. However, the more you dive into these practices and engage with these tools, the more you will see the incredible benefits of positive thinking. Remember, self-compassion is truly vital on this journey.

Language Matters

1. Telling yourself you "should" or "shouldn't" be doing something often comes from a place of judgement.
2. Saying "I always" or "I never" is another form of self-talk that can be limiting and rigid.
3. Dehumanizing Language is any cruel, harsh, or mean words or phrases you use to describe yourself.
4. Label-First vs. Person-First Language

It can be helpful to shift the way you address yourself when discussing your identities and labels. For example, if you say you are an "anxious person," you're placing the label first. If you say you are a "person who experiences anxiety," you're placing your person first. Person-first language helps you acknowledge that you are a multifaceted person who has many identities and parts that make your whole self.

Cognitive Distortions can impact our mental health. Cognitive distortions are negative thinking patterns we engage in that warp reality. It is important to recognize distortions as they arise in the future and embrace new perspectives.

- **Polarized thinking:** Black-and-white thinking and all-or-nothing thinking is the tendency to view situations in a binary of either/or (For example: You may believe that you must be perfect at every task you engage in or you are a total failure). **Life is a spectrum full of gray area and middle ground. Take smaller steps to get to your goals.**
- **Overgeneralization:** This involves taking one situation and applying it to all situations (For example: You may receive a criticism about your work by one person and then believe that ALL people must feel that way about your work). NOT True- Everyone has a different mindset and it is something that is **out of our control.**
- **Mind reading:** This is present when you assume what other people are thinking about you or a situation (For example: **You may think that your co-worker is angry at you without them even sharing anything**). In all reality, the co-worker may just be having a tough day related to something completely different than work. Again, this is **out of our control.**
- **Emotional reasoning:** This is when you believe your feelings are facts (For example: You feel disappointed in yourself and therefore determine that you must not be worthy). However, in reality, **you are always worthy** and you don't always have to believe everything you think.
- **Personalization:** This involves making a situation about yourself (For example: You may assume that someone canceled their plans with you because you must have done

something to upset them). However, the person may have canceled plans because of a family emergency? Again, this is **out of our control.**

There is a common theme here. We need to try to worry about the things that are in our control. There is so much that we worry about that we cannot control. When we focus on what we can control, we can take our power back. That, my friends, is a beautiful feeling.

“Instead of worrying about what you cannot control, shift your energy to what you can create.”

— Roy T. Bennett

Peace,
Maggie

Maggie Beshears, LPC
Behavioral Health Therapist
UACCB/White River Medical Center
Office Phone: 870-612-2035

