

Good morning and happy Monday team!

I hope you all had a great weekend! Last week, we discovered that there are roots to negative thoughts. This week, let's face our fears. You can tell yourself, "There's nothing to be afraid of." But words aren't enough. Anyone who has tried to tell a frightened three-year-old that there are no monsters in the closet knows the futility of mere words. You have to **show** the child it's safe by shining a flashlight in the closet. That is what will do this week. **We will shine light on what scares us and utilize practical tools and strategies to look fear in the eye, so we can move forward.**

Remember: Fear is a **natural** and **normal** part of life. Learning to face our fears can be powerful.

1. Acknowledge your feelings
 - It takes bravery not to numb out – to feel the immediacy and rawness of the experience. Avoiding our feelings can actually lead to less effective processing of the experience
2. Don't label yourself as a failure
 - Telling ourselves that we are a failure is a very global self-judgement
 - Don't tell yourself: "I made several mistakes. I am a failure."
 - Instead tell yourself: "I made several mistakes. I need to talk to my boss and make a plan."
3. Develop good habits
 - The formula goes like this:
 - After I _____, I will _____
 - After I brush my teeth, I will meditate.
4. Change your stress mindset
 - Use your mindfulness skills to notice the stress without judging it
 - Ask yourself what is at stake that matters to you
 - Tell yourself the stressful situation is a challenge, not a threat
5. Seek out support
 - Someone who can pump you up when you are feeling down
 - Someone to provide emotional support and a shoulder to cry on
 - Someone to give you honest feedback in a helpful way
 - Someone who can provide practical information and support

"Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now. Today. We are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved one."

- Thich Nhat Hanh

Peace,
Maggie

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Pronouns: she/her/hers

For an Emergency, Call 911 or the National Suicide Hotline: 1-800-273-8255

