

Good morning and happy Monday team!

I hope you all had a great weekend and a wonderful summer. For the employees returning to campus today, welcome back! This is going to be a great year.

Last week we discussed our thought process with what we sometimes believe versus what is real. Some of our thoughts come with weight. Optimism can be captured by a real, full-on war for our minds. We are pulled under these thoughts of doubt continued their relentless assault.

Grabbing distractions – our brains are excellent at that.

Doubt steals hope. And with no hope, everything that matters does not feel as important anymore.

Have you ever been confronted with something so hard or heavy that it made you question everything you believed in?

The danger of toxic thinking is it produces as alternate reality, one in which distorted reasoning seems to make sense.

You can, in fact, change in an instant.

We are going to go to war against the root of darkness within us. We are going to have to dig deep to pull that root up.

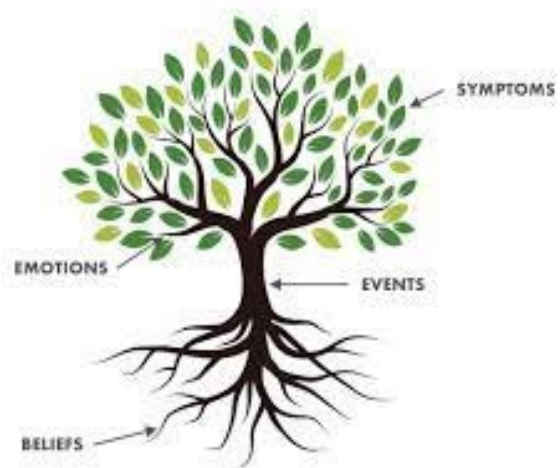
- It takes work.
- It takes patience.
- It takes buckets of grace for ourselves.

Think about your mind like a tree. The roots are the core beliefs about yourself. We have thoughts that trigger emotions. Then we might react.

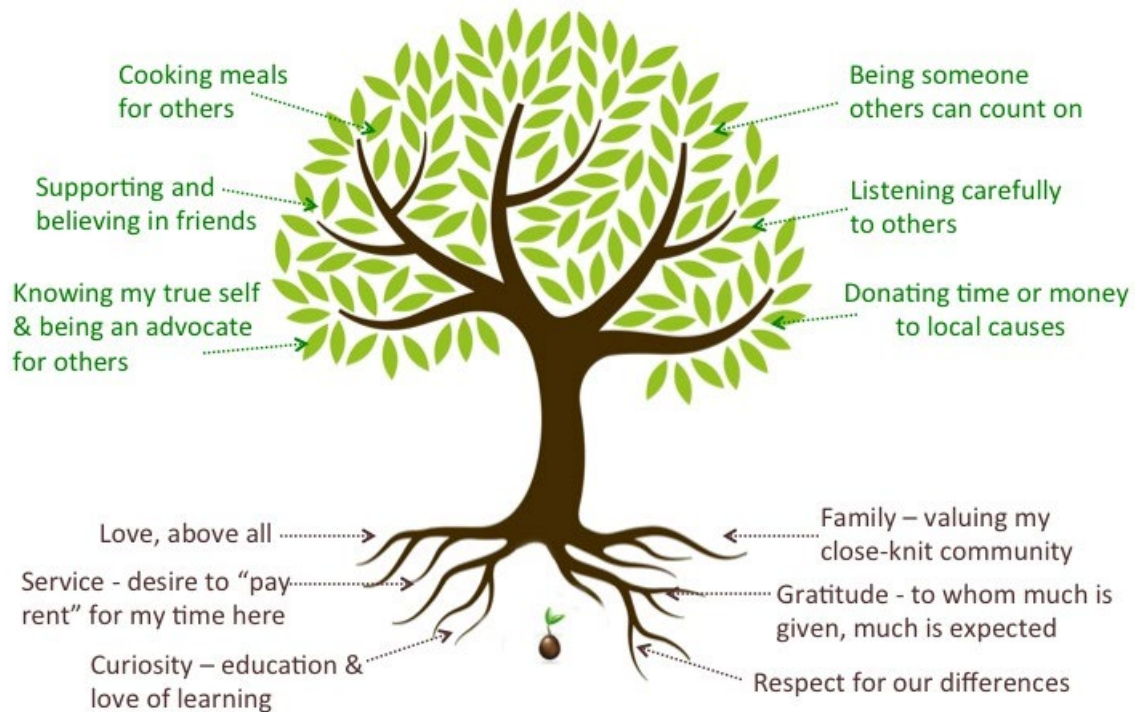
Negative core beliefs trigger negative emotions and might cause us to negatively react.

However, these negative thoughts are likely purple elephants (NOT REAL). Not all your thoughts are true!

Challenge your negative core beliefs.



Identifying Your Roots and Fruit



"Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before your break. Enjoy your unique natural beauty. Keep growing."

- Joanne Raptis

Peace,
Maggie

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

