

Good morning and happy Monday team!

I hope you all had a good weekend and have an even better week.

First, I will ask you a question: "What are you thinking about?"

Typically, thoughts include others' opinions, finances, plans, the weekend, the news, work, and other stressful events. If you ask the Google how many of our thoughts per day are positive and how many are negative, you will discover that the vast majority (70 percent) are negative. Many of these negative thoughts are not true.

The good news is this: once we recognize that a prevailing emotion is connected to outright, life-sucking lies, we begin to reframe irrational thoughts into positive, which means we begin to heal and live lives that matter.

This escape plan is called "the shift." Escape the thought pattern and seize a new thought by making mental shift. **Changing our minds can change our emotions.**

You don't have to spiral downward and end up in a panicked heap. You don't have to be held captive by fears and doubts. You don't have to dwell on every horrible thing that may never happen.

Create a Mental Story Map

Step 1: Write in the center of a blank page the primary feeling or emotion you are experiencing in the moment.

Step 2: Acknowledge the emotion and accept that it is there. Write down thoughts associated with this emotion.

Step 3: Look for patterns and common themes in your circle.

- Are you worrying about things you cannot control?
- Are you angry about how you have been wronged?
- Are you obsessed with what you don't have?
- Are you self-critical?

If we want to stop our patterns of toxic thinking, we must notice what's happening and take action. Negative thoughts can play like a tape recorder in our heads. Fortunately, positive thoughts can work the same way.

Now, write down the positive thoughts and keep those in places where you can see daily.

"If you are positive, you will see opportunities instead of obstacles."

- Widad Akrawi

Peace,
Maggie

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Pronouns: she/her/hers

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

