

Good morning and happy Monday team!

I hope you all had a great weekend! Today, we will start part 2 of *Get Out of Your Head: Stopping the Spiral of Toxic Thoughts*. As we head into this part, I want you to remember that one of the biggest battles is being fought between our ears. How we think shapes our lives. Maybe it is time to be still for a moment.

### **The Problem**

- Every toxic thought, spiraling emotional cycle, and trap of the enemy we fall for somehow deep down involves a wrong belief about ourselves

### **The Mission**

- Name the lies that threaten you
- Spot the signs that pull us into the trap
- Take hold of community, service, and gratitude

### **The Victory That Is Ours**

- Choose life and peace

### **When we turn off the constant distraction and sit quietly a few things will happen**

1. Your brain will be physiologically altered. Scientists have found that the brains of people who spend untold ours in prayer and meditation are different.
2. Your imagination will be rewired. Negative thoughts can be combatted with positive thoughts.
3. Your brain stays younger longer.
4. The kind of brain waves present during relaxation increases, while anxiety and depression decrease.
5. Your perspective will eventually shift.

### **The most valuable asset we possess is our attention, which prompts the question, to what are we attending?**

### **This week's challenge: Cognitively reframe your situation with the new pattern.**

- ✓ I'm upset, *and* I was passed over, so **I will choose** to remember that I have not been forgotten.
- ✓ I am angry, *and* she was rude, so **I will choose** to meditate in my own kindness toward myself.
- ✓ I am overwhelmed, *and* I have too much to do, so **I will pause and choose** to be thankful for the empowerment to accomplish what I need to do.

"Mindfulness isn't difficult. We just need to remember to do it."

- Sharon Saltzberg

Peace,  
Maggie

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