



What People Think Support Sounds like:



What Support Actually Sounds Like:



@letstalk.mentalhealth

What I can control and what I can't

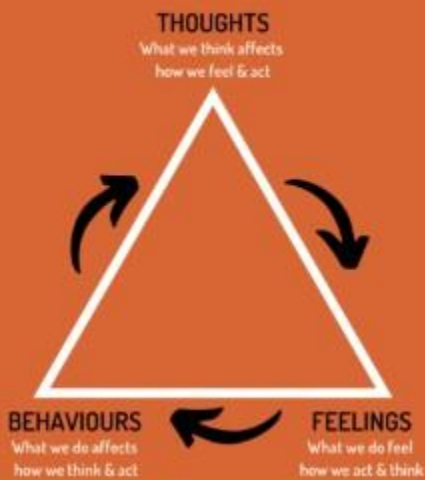


Reframing Negative Thoughts

INSTEAD OF SAYING...	TRY SAYING...
✗ IT'S TOO HARD.	✔ THIS WILL GET EASIER WITH TIME & PRACTICE.
✗ I GIVE UP.	✔ I'LL TRY TO DO THIS A DIFFERENT WAY.
✗ THEY'RE BETTER AT THIS THAN I AM.	✔ HOW CAN I LEARN FROM THEM?
✗ I'M NOT GOOD AT THIS.	✔ HOW CAN I LEARN TO GET BETTER AT THIS?
✗ I CAN'T DO THIS.	✔ I'M LEARNING & I WILL KEEP TRYING UNTIL I CAN.
✗ I'M SCARED TO MAKE A MISTAKE.	✔ MISTAKES ARE PROOF THAT I'M TRYING.

THE COGNITIVE TRIANGLE

Our thoughts, feelings and behaviours influence each other. For example, a negative thought can affect how we feel, which in turn affects our behaviour, which can trigger another negative thought. The cycle goes on into a negative feedback loop.



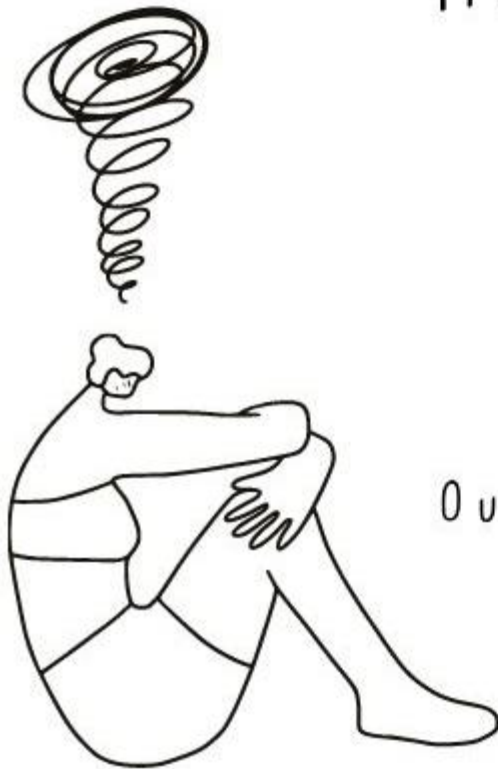
Worrying does not take away TOMORROW'S Troubles, it takes away TODAY'S Peace

Worry is like a
rocking chair:
it gives you something
to do but never gets
you anywhere

Erno Barbeck

www.LaraDeerles.com

If it's out of your hands,
it deserves freedom
from **your mind** too



Ivan Nuru

OurMindfulLife.com

Morning everyone,

I hope you all had a much-needed physical rest and mental break over the holidays.

For today's small snippet of well-being focus, I am sharing about control and its links to worry and stress.

Below is an extract from a Young Minds activist.

"When things are beyond our control, it's essential to focus on what we can control no matter how small that may be. What helped to take back control of my life was to look after my mental health, meet my basic needs and establish a self-care routine."

So, if you're ever not feeling your best, feeling apprehensive, make a list of the things that are out of your control, and the things that are in your control. Use the diagram to help, then follow the advice and try to focus on the things in your control, take some time to think about your worries and problem solve where you can and then try to let go and accept those things that you can't control.

This also applies to worries about the "what if" scenarios we all deal with. Worry is always associated with fear of not being in control of an event, situation, or outcome. But the thing is, we heap further toxic stress chemicals and strain on our brains and bodies when we worry about things that may never ever happen or even if they do, they don't happen the way we think they will, and we still come out the other side.

This in no way undermines or minimises people with anxiety and those diagnosed with General Anxiety disorder (GAD).

It is about being mindful and seeking to reframe negative thought cycles and allowing things to be as they are, so you are not draining your mental, emotional and physical energy on things that are beyond your control.

So today, I hope you will allow yourself and each other to just do your best with what you have and what the day brings, because that is good enough and all we can offer. Learning and growing, especially from mistakes is how we succeed, not fail.

As the saying goes (and a personal daily reminder for me) - "you can't control everything in life, your hair was put on your head to remind you of this!" 🐯

So, stay stylish folks and remember.... don't worry, be happy! 😊

#worry #anxiety #overthinking #whatifs #thoughtcycles #outofmyhands
#lettingthingsbe #mentalhealthmatters #wellbeingweds #bekindtoyourmind