



Participant Guide

Bring More Positivity & Compassion
to Each Day

Overview

In times of stress and uncertainty, it's common to find our minds cluttered with negative thoughts and self-criticism. Negative thinking is one of the most significant and damaging risk factors that can impede our capacity for resilience. During this webinar, you will learn how to observe your negative thoughts with openness and clarity so that they can be held in mindful awareness and met with sympathy and kindness.

Agenda

- ✓ How negative thinking wears us down
- ✓ Awareness of negative thoughts
- ✓ Using mindfulness to interrupt negative thinking
- ✓ Self-Compassion

Seminar Length: 1 Hour

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- How negative thinking can wear us down
- Awareness of negative thoughts
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- Self-compassion



Negative Thinking: Your Inner Critic

Are you critical of your work, doubt your abilities, or assume you will fail?




ABCs to Change Faulty Thinking



Awareness of Negative Thoughts

- Never
- Always
- Judgment
- Failure...



Breathe

Create space between the thought and your reaction



Compassion

...for the thought and let it go

Awareness

Cognitive Distortions & Unrealistic Guilt

Do you ...

- See a situation in a way that does not compute with reality of event?
- Consistently feel like everything is your fault?



Awareness

Catastrophizing & Over-generalizing

Do you ...

- Turn one small incident or mistake into a much larger issue, focusing on the exaggerated worst-case scenario?
- Let the negative outcome of one event extend into other areas that are otherwise unrelated?



Awareness

Negative View & Polarized Thinking

Do you ...

- Think negatively about yourself, the world, and the future, which are inaccurate perceptions of reality?
- Commonly use all-or-nothing thinking (“always, never, should”)



Awareness

Does This Sound Familiar?

I can't do anything right today.

Can it get any worse?

I just know that I will make a mistake.

No one likes me.

I am so not smart at math.

I always mess things up.

I'll never be as good as them.

Breathe

Practice Mindfulness of the Breath

- HOW we pay attention
- Make a new space for something before our emotional or behavioral reaction
- Training our mind, not fighting with it
- Don't believe everything you think



Breathe

Create the Space to Choose Your Reaction



Compassion

Befriend Your Thoughts with Self-Compassion

This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment. May I give myself the compassion I need.

~Kristen Neff



Compassion

Three Elements of Self-Compassion



Self-Kindness vs. Self-Judgment

Accept that we are imperfect with sympathy & kindness



Common Humanity vs. Isolation

The definition of being "human" means that one is mortal, vulnerable, & imperfect



Mindfulness vs. Over-Identification

Willingness to mindfully observe our negative thoughts & emotions with openness & clarity

Mindful Moments All Day



Practice Self-Compassion

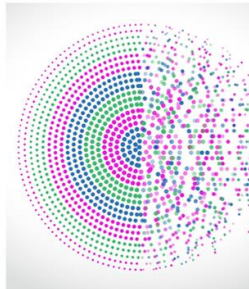
1. *Don't blame or judge*
2. *Permission to be human*



Self-Compassion Practices

How would you treat a friend?

How do you think things might change if you responded to yourself in the same way that you typically respond to a close friend when they are suffering?



Self-Compassion Practices

Supportive Touch

Activate your parasympathetic nervous system by using touch to help you feel calm, cared for, and safe.



Final Thoughts

- ✓ Thoughts are NOT facts
- ✓ Build awareness of negative mind chatter
- ✓ Use mindfulness to create space
- ✓ Greet your thoughts with compassion
- ✓ You are not alone, reach out for help



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Concern is a full-service mental wellbeing program. We offer confidential counseling, coaching, and work-life resources such as legal and financial consultations, parenting and adult family care resources, and identity theft resolution. Balancing work and home life, dealing with all the stressors in today's world, and handling the unexpected can make your life a juggling act. If you are feeling overwhelmed, call **800-344-4222** or go to **employees.concernhealth.com**. We're here to help!

Coaching Options for Learning New Skills & Changing Habits



Personal
coaching

Tailored, actionable strategies to achieve personal wellbeing and professional development goals



Parent
coaching

Personalized guidance to overcome parenting challenges and build healthier relationships with your children



Financial
Coaching

Get expert help with money management, tax basics, investing, retirement planning, and building credit

Interested in learning new skills? Coaching is an excellent way to start.

Personal Coaching with a skilled coach includes actionable strategies to help you achieve your personal wellbeing and professional development goals. **Parent coaching** helps build healthier relationships with your children, with positive, non-judgmental support, and strategies for common challenges. For **financial questions**, get help from a financial specialist for topics like investment basics, debt reduction, establishing credit, and more!

Guided Mindfulness with eMLife

Easy to use on-demand and live programs help build sustainable life-changing skills that improve mental and physical wellbeing





- Meditative breathing practices, awareness, being present
- Kindness, compassion, gratitude
- Stress, sleep, burnout
- Relationships, grief, loss
- Chronic pain, weight loss, diabetes, smoking cessation



Practicing mindfulness benefits both physical and emotional wellbeing.

Through our partnership with eMLife, you have access to an entire suite of evidence-based live and on-demand mindfulness solutions. Learn new skills, explore easy to use content, participate in live, daily, 14-minute mindfulness programs led by experts, and discover resources to help you build and sustain healthy habits.

Our Digital Hub Gives Access to All Concern Services

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Questions? Comments

Thank you!

Please complete the Survey Monkey
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