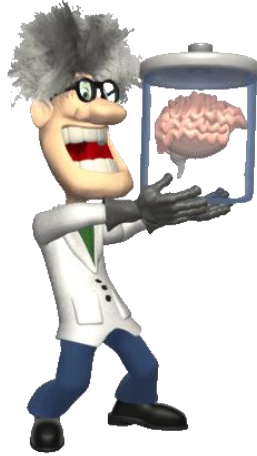


# The Science of Sanity



Stop



Breathe



Think



# Stress Response



## Autonomic Nervous System

Sympathetic

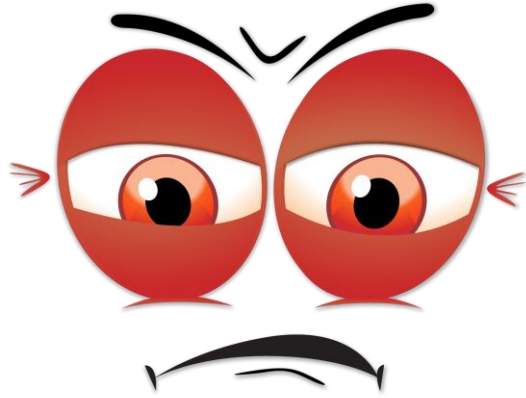
Fight or Flight or Freeze

Parasympathetic

Rest and Digest



# Attitude



# Negative Bias

**Velcro to Negativity  
and  
Teflon to Positivity**



**Savor: 20 seconds**

**Gratitude Journal**  
**Write down 3-5 things**



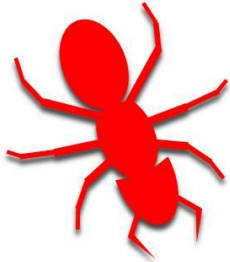
## Reframing-Benefit Finding

*Think and write about a difficult experience*

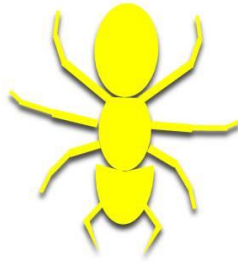
*Now focus on the positive aspects of the experience*

1. How has the experience changed you?
  2. What did the experience teach you?
  3. How has the experience made you better equipped to deal with challenges in the future?
4. How do you feel this experience made you grow as a person?

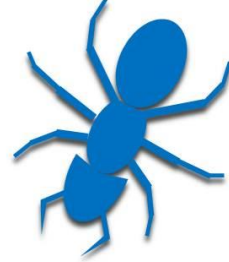
# AUTOMATIC NEGATIVE THOUGHTS



*I hate \_\_\_\_\_!*



*What if I fail?*



*I'm not \_\_\_\_\_ enough.*



REPEAT AFTER ME...

- NOT ALL THOUGHTS ARE TRUE
- JUST BECAUSE I BELIEVE IT NOW, DOES NOT MAKE IT A FACT
- FEELING THIS EMOTION DOES NOT MAKE MY UNHELPFUL THOUGHTS TRUE
- I DO NOT NEED TO ACT ON MY THOUGHTS

@journey-to-wellness



## Explanatory Style



## 3 P's of Learned Helplessness



## 3 P's of Learned Helplessness

**Personalization** is thinking the problem is yourself, instead of considering other outside things that have caused it.

**Permanence** is thinking a bad situation will last forever.

**Pervasiveness** is thinking a bad situation applies across all areas of your life, instead of only happening in one area.

## JOB LOSS

### Personal

I am not a good enough person

There is something wrong with me

### Permanent

I will never find a job

### Pervasive

I have also failed as a parent

### Impersonal

The company is struggling  
My skills set didn't fit  
Current need

### Impermanent

I will find a job soon

### Specific

This applies only to my work. It does not apply to my family life, social life, hobbies or other interests

# 97%

- 85% worries don't happen
- Of 15% that happen 79% of people handled those challenges better than they expected
- Or that the difficulties taught them a lesson worth learning.

