

Positive Self-Talk

# The health benefits of positive thinking

- Increased **life** span
- Lower rates of **depression**
- **Lower** levels of distress
- Greater **resistance** to the common cold
- Better psychological and physical well-being
- Reduced risk of **death** from cardiovascular disease
- Better coping skills during hardships and times of **stress**

# Identifying negative thinking

- **Filtering.** You magnify the negative aspects of a situation and filter out all of the positive ones. For example, say you had a great day at work. You completed your tasks ahead of time and were complimented for doing a speedy and thorough job. But you forgot one minor step. That evening, you focus only on your oversight and forget about the compliments you received.
- **Personalizing.** When something bad occurs, you automatically blame yourself. For example, you hear that an evening out with friends is canceled, and you assume that the change in plans is because no one wanted to be around you.
- **Catastrophizing.** You automatically anticipate the worst. The drive-through coffee shop gets your order wrong and you automatically think that the rest of your day will be a disaster.
- **Polarizing.** You see things only as either good or bad, black or white. There is no middle ground. You feel that you have to be perfect or that you're a total failure.

# Focusing on positive thinking

- **Identify areas to change.** If you want to become more optimistic and engage in more positive thinking, first identify areas of your life that you typically think negatively about, whether it's work, your daily commute or a relationship, for example. You can start small by focusing on one area to approach in a more positive way.
- **Check yourself.** Periodically during the day, stop and evaluate what you're thinking. If you find that your thoughts are mainly negative, try to find a way to put a positive spin on them.
- **Be open to humor.** Give yourself permission to smile or laugh, especially during difficult times. Seek humor in everyday happenings. When you can laugh at life, you feel less stressed.

# Focusing on positive thinking, cont.

- **Follow a healthy lifestyle.** Exercise at least three times a week to positively affect mood and reduce stress. Follow a healthy diet to fuel your mind and body. And learn to manage stress.
- **Surround yourself with positive people.** Make sure those in your life are positive, supportive people you can depend on to give helpful advice and feedback. Negative people may increase your stress level and make you doubt your ability to manage stress in healthy ways.
- **Practice positive self-talk.** Start by following one simple rule: Don't say anything to yourself that you wouldn't say to anyone else. Be gentle and encouraging with yourself. If a negative thought enters your mind, evaluate it rationally and respond with affirmations of what is good about you.

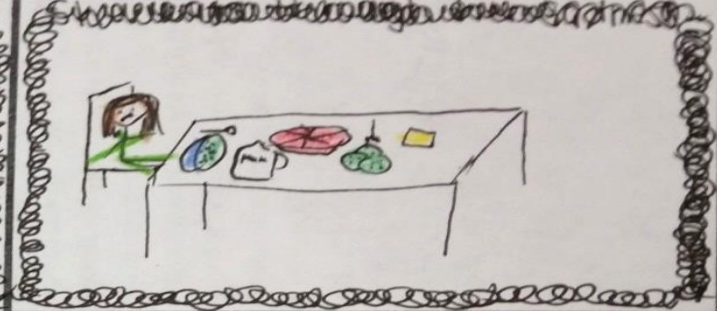

# Comic Strip

disappointing situation with positive self-talk. 5. Color (no vulgar language)

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What is the disappointing situation?:

Not making the basketball team.

<p>Negative self-talk row</p> 		
<p>She puts herself down.</p>	<p>She gives up!</p>	<p>She eats through sadness.</p>
<p>Positive self-talk row</p> 		
<p>She doesn't give up!</p>	<p>She tries something else!</p>	<p>She thinks positive!</p>

great example



# Quick Review

- Mental and Emotional Health
  - The ability to accept your-self and others , express and manage emotions, and deal with the demands and challenges you meet in life
  - Values
    - The ideas, beliefs and attitudes about what is important that help to guide the way you live.
  - Decision Making
  - Self Esteem
    - How much you value, respect and feel confident in yourself
  - Positive and negative self talk (comic strips)
  - Emotions

Chap 3 Less 3

# Expressing Emotions in Healthful Ways



- In 2006, over 720,000 people ages 10-24 were treated in emergency rooms because of a violent act
- 29% of teens reported feeling sad or hopeless that they stopped doing some usual activities
- Abusive relationships
- Bullying/Cyberbullying
- Self-harm
- Fighting
- Recent story?
- Read pages 78-83

# Define the following terms

Pg. 78-83

- Emotions
  - Signals that tell your mind and body how to react
  - Some common emotions: joy, sadness, love, fear, guilt, anger, frustration, grief
- Hormones
  - Chemicals produced by your glands that regulate the activities of different body cells
- Hostility
  - The intentional use of unfriendly or offensive behavior
- Empathy
  - The ability to imagine and understand how someone else feels
- Defense Mechanisms
  - Mental processes that protect individuals from strong or stressful emotions and situations
  - Common defense mechanisms
    - Repression, regression, denial, projection, suppression, rationalization, compensation

- Repression
  - Involuntarily pushing unpleasant feelings out of one's mind
- Regression
  - Returning to behaviors characteristic of a younger age, rather than dealing with problems in a mature manner.
- Denial
  - Unconscious lack of recognition of something that is obvious to others
- Projection
  - Attributing you own feelings or faults to another person or group
- Suppression
  - Consciously and intentionally pushing unpleasant feelings out of one's mind.
- Rationalization
  - Making excuses to explain a situation or behavior, rather than taking responsibility for it
- Compensation
  - Making up for weaknesses and mistakes through gift giving, hard work, or extreme effort

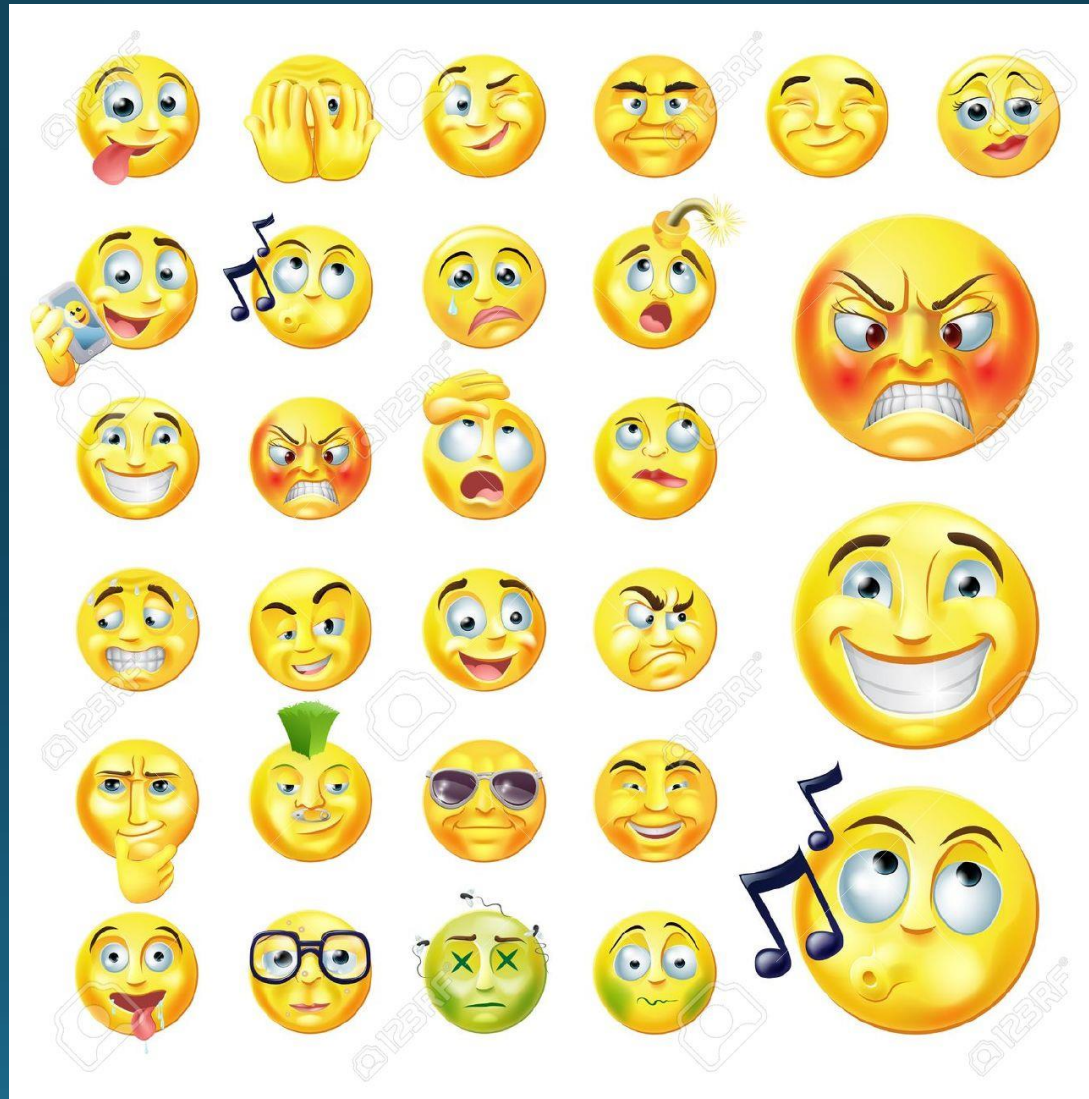
# Coping with Loss and Grief

## Define the following terms (pg. 102-105)

- Stages of grief
  - A variety of reactions that may surface as an individual makes sense of how loss affects him or her
  - Stages: Emotional numbness, emotional release, anger, bargaining, depression, remorse, acceptance, hope
- Closure
  - acceptance of a loss
- Coping
  - Dealing successfully with difficult changes in your life
- Mourning
  - The act of showing sorrow or grief
- Traumatic Event
  - Any event that has a stressful impact sufficient to overwhelm your normal coping strategies
  - Examples: violent assaults, accidents, natural disasters, suicides

# Emoji Assignment

1. Happiness
2. Sadness
3. Love
4. Fear
5. Guilt
6. Anger
7. Frustration
8. Grief

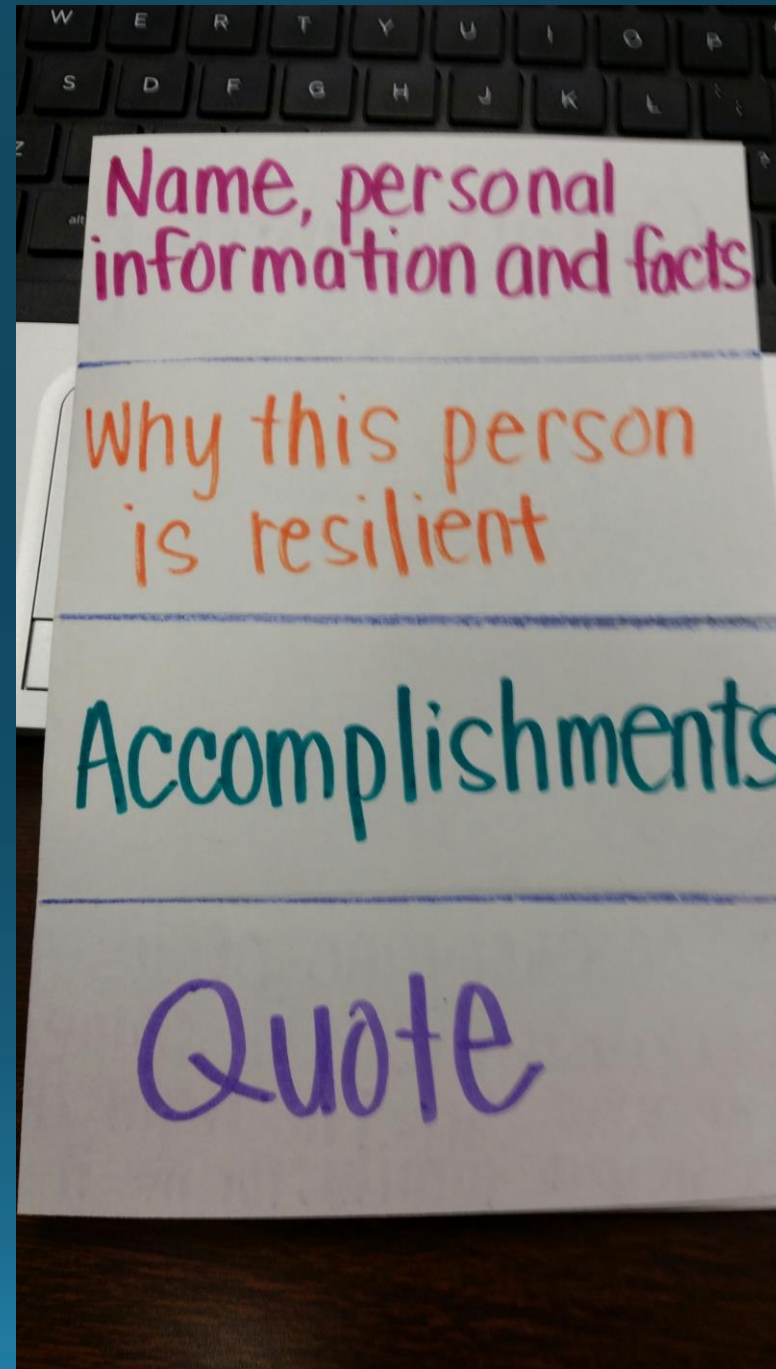


# A Biography: Story of Resilience

Use the ipads to find an individual who you would describe as “resilient”. This person can be an artist, celebrity, singer, world leader, athlete, etc. Remember, resilience is defined as “ the ability to adapt effectively and recover from disappointment, difficulty, or crisis.”

You will create a foldable with the following information:

- Name, personal information and facts
  - Where did they grow up, what was their childhood like, etc
- Explain why you think this person is resilient
- What were some of his/her accomplishments
- A quote



# Appropriate ways of Expressing Grief

- Creating something (song, music, painting, building something, etc)
- Talking with someone
- Exercising
- Creating positive future goals
- Writing in a journal
- Napping
- Cry about it
- Allow time to grieve
- Therapy
- Doing something you enjoy



# Communication

- Interpersonal Communication
  - The exchange of thoughts, **feelings**, and beliefs between two or more people
- How can I strengthen interpersonal communication skills?
  - Use “I” messages to express your feelings
  - Communicate with **respect** and care
  - Be an **active** listener
- Three types of communication styles
  - Aggressive
    - Overly forceful, **pushy** or **hostile**
  - Passive
    - Unwilling or **unable** to express thoughts and feelings in a direct or firm manner
  - Assertive
    - Expressing your views clearly and **respectfully**

# Music

- Listen to the following songs and identify the emotion (or feeling) the singer is expressing