

HARNESSING THE 'POSITIVE'

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**UNLEARN
HELPLESSNESS!**

- ✘ Failures are temporary setbacks!
- ✘ Never underestimate your own potential
- ✘ It's never too late to improve at something
- ✘ Getting good advice and support makes it easier
- ✘ Lots of people struggle with things

**PRACTISE
BEING
RATIONAL!**

Our private world of thoughts, our interpretation of past and present, our predictions for the future are very powerful influences on mood

**INTERNAL DIALOGUE
AUTOMATIC SELF-TALK**

**THE WAY WE THINK INFLUENCES OUR
BEHAVIOUR**

EXPLORING THE THOUGHT:

- **Is it helpful?**
- **Is it fair?**
- **Is it absolutely true?**

**THE SENSE WE MAKE OF OUR
WORLD IS CRUCIAL**

**HOW WE SEE OURSELVES, OTHERS
AND THE WORLD WHEN
CHALLENGED**

THE ROLE OF THINKING

- ✘ What type of thinking are we applying?
- ✘ Becoming aware of the type of automatic thinking we apply
- ✘ When stressed we are thinking 'stressful' things
- ✘ These stressful thoughts maintain stress and produce very real symptoms
- ✘ Very real consequences

- ✘ Is what I am thinking helping me?
- ✘ Is what I'm thinking fair?
- ✘ Is what I'm thinking true?
- ✘ Am I right to be as annoyed as I am?
- ✘ Does it really matter?
- ✘ Have I got good advice or am I making conclusions on my own?
- ✘ Am I my own best or worst coach?

PRACTISE BEING COMPASSIONATE!

- ✘ Buddhism – Many centuries have been studying positive emotion
- ✘ The most powerful way of becoming happy is to develop compassion
- ✘ Psychology has started to investigate compassion

- ✘ But some of us are very hard on ourselves!
- ✘ When acknowledging the flaws and imperfections we put ourselves down
- ✘ I am not good enough!
- ✘ I am worthless!

- ✘ The goalposts for what counts as 'good enough' seem always out of reach
- ✘ Insecurity, anxiety and depression incredibly common
- ✘ Much of it due to self-judgement, to beating ourselves up when things go wrong
- ✘ A need to stop judging and evaluating ourselves altogether

- ✘ Need to accept ourselves with an open heart
- ✘ Need to treat ourselves with the same kindness , caring, and compassion we would show a great friend
- ✘ To apply some self-compassion

- ✘ The benefits of kindness
- ✘ It's nice to be nice but it's also good for you!
- ✘ Stress makes us focus too much on ourselves
- ✘ Compassion lets the light in!
- ✘ Putting our worries into context

- ✘ Rather than pitting ourselves against other people in an endless comparison game, we embrace what we share with others and feel more connected and whole in the process
- ✘ The good feelings of self-compassion do not depend on being special and above average
- ✘ But from caring about ourselves – fragile and imperfect yet magnificent as we are

**EMBRACE
HOPE!**

REACH OUT!

- ✘ Being social – practising it!
- ✘ Joining clubs and organisations
- ✘ Volunteering
- ✘ Investing in friendships
- ✘ Availing of support if needed
- ✘ Starting new things – courses etc

INVEST IN GRATITUDE!

- ✘ Counting our blessings
- ✘ Looking at what is right about our lives
- ✘ Celebrating all the things we have rather than always talking about the things we don't have
- ✘ Focusing on the 'now'
- ✘ Not being envious of others or comparing ourselves to others

INCREASE 'FLOW'!

- ✘ Doing the things we love best
- ✘ Doing the things we are best at
- ✘ Starting new things
- ✘ Switching the 'channel'

Expect challenge

GET READY FOR IT!

- ✘ Life is imperfect
- ✘ Challenge is guaranteed
- ✘ Getting ready for challenges
- ✘ Embracing changes
- ✘ One door closing – another opening
- ✘ Getting up after falling down!

INVEST IN THE SPIRITUAL SELF!

- ✘ Sense of purpose
- ✘ It's not all about me!
- ✘ Life as a journey
- ✘ The benefits of prayer
- ✘ Investing in our spirituality

EXERCISE

**Invest in
HUMOUR!**

- ✘ “Laughing 100 times amounts to the same exercise as riding a stationary bike for 15 minutes. Five minutes of intense laughter can double the heart rate. Three minutes of laughter is equivalent to 3 minutes on a rowing machine. Laughter stimulates circulation, tones muscles, energises lungs and stimulates endorphins in the immune system.”
- ✘ Dr William Fry (Stanford University)