

BEHAVIORAL HEALTH WELLNESS SHORTS

NEGATIVE THINKING PATTERNS



COGNITIVE DISTORTIONS

are thought patterns that cause people to view reality in inaccurate – usually negative – ways

Cognitive distortions can contribute to feelings of failure, inadequacy, increased anxiety and much more. These distortions manipulate our thoughts to:

- Fulfill an expectation of a current situation
- Conform to our current emotional state

SOME EXAMPLES OF NEGATIVE THINKING PATTERNS ARE:



BLACK & WHITE THINKING:

Things are entirely one way or the other - there is no in between



PERSONALIZATION

Blaming yourself for things that were not your fault



CATASTROPHIZING

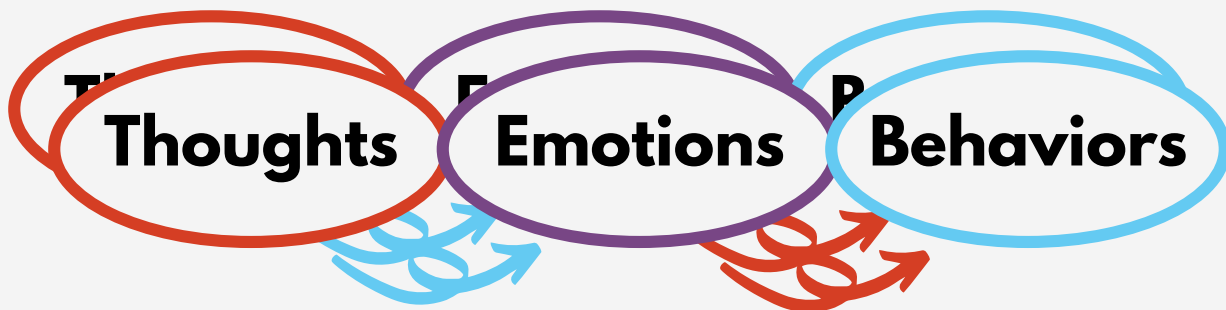
Thinking things are going to be way worse than they really are



FILTERING

Only paying attention to the negative

It is important for us to understand how to
It is important for us to understand how to
challenge negative thoughts, because our
thoughts trigger our emotions, and our
emotions trigger our behaviors.



If we do not challenge our negative thinking patterns it will likely lead to:

- **Emotional upset**: Increased sadness or anxiety.
- **Behavioral concerns**: Addiction, avoidance, sleep disturbances, eating habits.
- **Physical problems**: Stress related illness such as headaches, stomach issues.
- **Socialization concerns**: Irritability, lack of patience, withdrawing from social situations.

DID YOU KNOW...



Although common, negative thoughts have the potential to adversely impact our career through:

- Unrealistic expectations in the workplace
- Reduction in motivation and productivity
- Disappointment and frustration with changes in the workplace
- Reduced socialization with co-workers

5 TIPS FOR CHALLENGING NEGATIVE THOUGHTS

- 1 Take self-inventory**
What is triggering your ANT's (automatic negative thoughts)?
- 2 Understand your thought pattern**
i.e. black & white thinking, catastrophizing etc...
- 3 Acknowledge and label your thoughts**
- 4 Practice gratitude**
Think about how these thoughts have served and protected you until now.
- 5 Develop a plan to address and release negative thinking patterns**
 - Practice mindfulness
 - Ask yourself questions like: Is this thought based in fact or feelings? What is the likelihood of this happening?
 - Identify & reframe "should" statements & thoughts
 - Seek professional help

KEEP IN MIND...
Thinking errors are learned and can be unlearned. Healthy thought patterns can help empower us in both our professional and personal lives.

Brought to you by your Behavioral Health Advocates from Luzerne, Schuylkill, and Lackawanna Counties



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