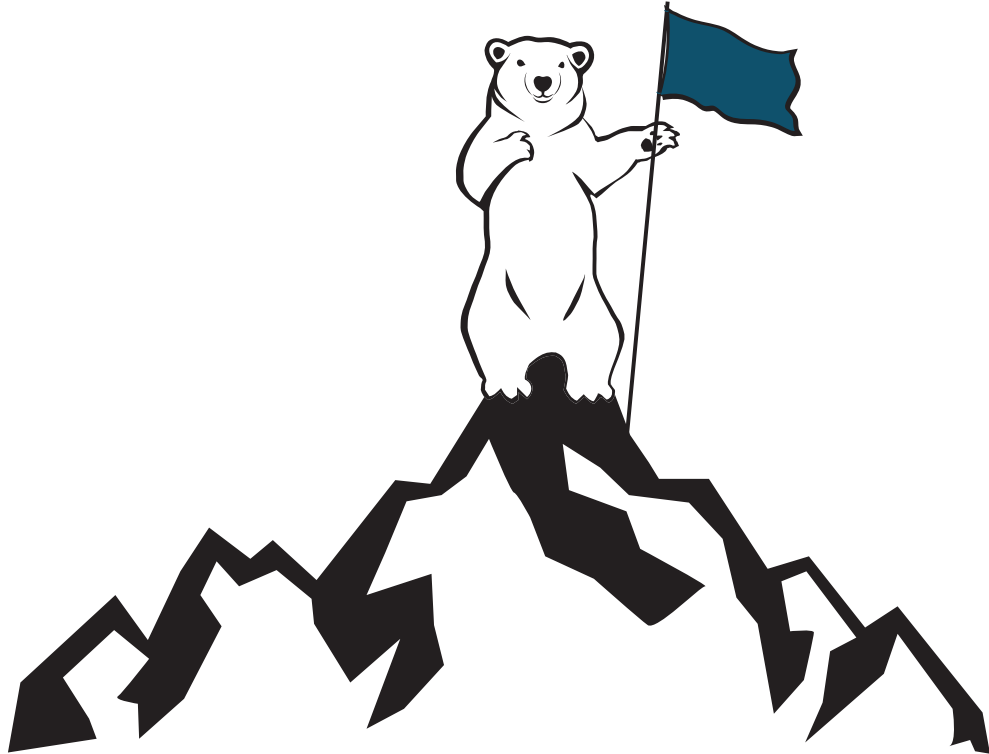




Ask Yourself an Empowering Question



Anxiety can be the result of fearing anticipated failure or rejection. The mind plays out all of the worst-case scenarios and the result can be a self-fulfilling prophecy. Instead of filling your head with negative voices, combat anxiety by asking yourself these empowering questions and then let your brain do its job by searching for the answers:

- How can I do this well?
- What do I need to help me succeed?
- What is one thing I can do now to help solve this issue?
- Who can help me move forward?
- What is a better story I can tell about myself in this moment?



For more information visit:
<http://bit.ly/BowdoinMHMMoments>



Reframe Suffering

The last thing people who are suffering want to hear is that “it’s all in your head” – but the truth is, how we think about our distress is related to how much we suffer from it. People who are able to retrain their brain can experience less suffering over time and improve their quality of life. When you are having intense suffering take these steps:



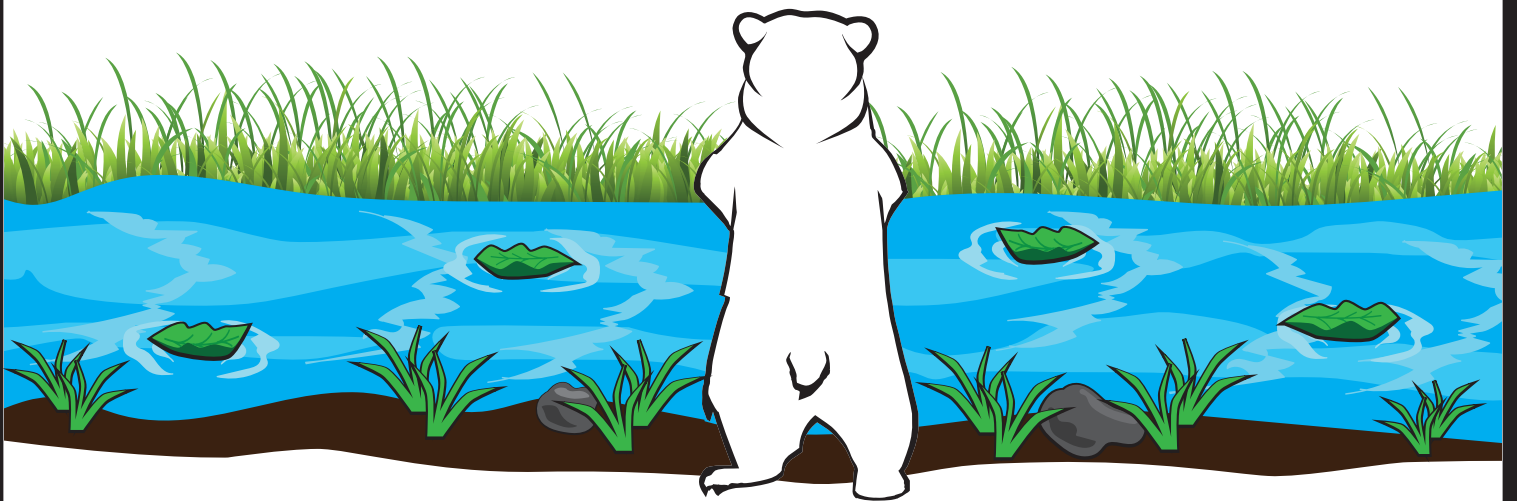
- Catch the thought. Notice your thoughts and self-talk
- Are you filtering out the good and only focusing on the negative?
- Are the words “should,” “must” or “have to” creeping into your self-talk?
- Are ideas that use the words “always” or “never” setting you up for discouragement?
- All-or-nothing thinking blocking other ideas or solutions?
- Check the thought: Ask yourself, “is this thought helpful or unhelpful?”
- Change the thought. Choose a new, helpful thought to replace the unhelpful ones. Ask yourself: What am I getting out of this negative thought? What might be an alternative more empowering thought?

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Radical Acceptance: Leaves Floating By



Our thoughts can have great power over our wellbeing. Radical acceptance does not mean we approve of our distressing situation, but rather we can work to completely accept that we cannot currently change the present facts. The river analogy helps make the point. Sometimes it feels like we're being swept away in a surging river, struggling to keep our heads above water amongst all the mud, filth and debris. Imagine the mud in the water is made up of our distressing thoughts, sensations, events, feelings, as we drift helplessly downstream. Now imagine that instead of being IN the river you are standing on the riverbank, watching as those thoughts, events, sensations, feelings go by. Imagine individual thoughts as they stream before you. Imagine they are floating on top of the river like leaves passing by and you just notice them. That is what "radical acceptance" means.



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