



Think Well, Live Healthy: Positivity

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Jim Meister, RD, LDN, CPT
PEBTF



Learning objectives

Think Well, Live Healthy: Positivity

- **Increase** awareness of how one's thoughts and beliefs contribute to stress
- **Explain** the impact of stress on the body, mind, and behaviors
- **Identify** common negative thought patterns
- **Provide** techniques for reframing thoughts to reduce stress

What is stress?

- **Physical** and **emotional** response to change
- **Normal** reaction to increasing demands and changes in life
- When brain perceives stress, it signals the **release of hormones** to address stress
 - “Flight or fight response”
 - When threat is gone, body is meant to return to normal state
- When stress is **excessive** or **prolonged** this can negatively impact health
- Stress is **different for everyone**, and people can use **multiple ways to cope**

Effects on your **body, mind, and behavior**

Body

- Upset stomach and nausea
- Headaches
- Tense muscles and pain
- Fast heartbeat and breathing

Mind

- Overwhelmed
- Feeling anxious or worried
- Unable to focus

Behavior

- Affects eating patterns (overeating/under-eating)
- Drug or alcohol abuse
- Difficulty sleeping
- Withdrawal from others

External stressors

Events and **situations** that may cause you stress:

- **Routine or daily stress**
 - Work/family balance
 - Job-related stress
 - Relationships (communication and conflict)
 - Financial stress
- **Major event or life change**
 - Marriage
 - Unemployment
 - Losses (death or divorce)
- **Traumatic experience**
 - Accident
 - Natural disaster

**Change is a key
trigger of
stress!**

Internal stressors

Stress caused by your own **thoughts** and **beliefs**:

- Inability to accept uncertainty
- Negative self talk
- Negative thought patterns
- Unrealistic expectations
- Perceptions

The way we handle life's various challenges is determined by the way we think—often unconscious—about these challenges

**Thoughts
affect feelings,
and feelings
affect our
behaviors**

“ Life is lived in the mind;
the quality of your thoughts
determines the quality of
your life. ”

-Unknown



**We can take control
of our thoughts!**

• **Taking control** of your thoughts

- Your thinking is not fixed – you can change thoughts
- Changing how you think can have a positive effect
 - Physical, emotional, and behavioral
- Help you cope better
- Reframe your thoughts



Common negative thought patterns

- All or nothing thinking
- Mental filter
- Personalizing
- “Should” thoughts



Common negative thought patterns

- All or nothing thinking
 - Thinking in extremes, such as “always” or “never”
- Mental filter
 - Look over positive events and focus on one negative event
- Personalizing
 - You take it personally how someone acts towards you
- “Should” thoughts
 - Judgmental attitude and expecting perfection



Reframe your thoughts

• Benefits

- Change physical responses to stress, boost your energy, and improve how you cope

• Process for change

- 1 Identify your thoughts
- 2 Challenge your thoughts
- 3 Reframe your thoughts



Process for changing thoughts

1 Identify your thoughts (pause and reflect)

- STOP the negativity

2 Challenge your thoughts

- ASK questions:
 - What is the truth in this thought?
 - Are these thoughts helpful?
 - How are these thoughts affecting me?

3 Reframe your thoughts

- CHOOSE another, more positive thought
- View things differently

Be resilient!

- Resiliency means...

- Adapting in a positive way and having the ability to maintain or regain your mental state when faced with stress or hardship
- Being able to bounce back from a life set back



How do we develop resiliency?

- Life events
 - We learn from our experiences
- Attitude
 - Focus on the positive
 - Be optimistic
 - Anticipate change and be proactive
- Social support
 - Build and maintain strong powerful relationships with friends and family
 - Asking for help

Who Wants to Lower Stress?

Which of the following scents can help us de-stress?

A. Lavender

B. Mom's home made soup

C. Lilac bush

D. All of the above

Who Wants to Lower Stress?

Our immune system can be weakened by chronic stress. Vitamin C plays a crucial role in strengthening our immune function. Which food has the most amount of this vitamin?

A. Milk

B. Banana

C. Fresh Salsa

D. Almonds

Who Wants to Lower Stress?

Chronic, prolonged stress may lead to high blood pressure.
Potassium has been found to have the effect
of reducing high blood pressure.
Which of these foods is rich in potassium?

A. Tuna

B. Olive oil

C. Rice

D. Cheese

Summary

Mindful thinking

- Notice your thoughts and how they feel
- Pay attention to effects
- Identify stress symptoms

Thought, feelings, behavior

- Begin with addressing thoughts
- Feelings and behaviors will change

Thought patterns

- Be aware of negative patterns

Changing your thoughts

- Follow “stop, ask, choose”

Practice, practice, practice!

- Set a goal for shifting your thoughts
- Practice reframing your thoughts

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Resources



Make Physical Activity A Habit For Your Kids!

Physical activity is important for our health and making it a part of your child's day is a great way to foster a healthy lifestyle early on. With the summer months ahead, it is a great time to keep your child active. Click through our Health Topic for tips.

Videos




Recipes



You are what you eat... Every 35 days, your skin replaces itself and new cells are made from the food you eat. What you eat literally becomes YOU. So choose wisely with these Healthy Recipes.


Interactive Tools

Asthma & Respiratory




Respiratory conditions are long term, but they don't have to limit you. Learning all you can about asthma is the first step to living the life you want.

Bones, Joints and Muscles




It's not uncommon to have aches and pains in our bones, joints, and muscles. Learn more about possible causes, prevention and treatment methods.

Cancer




Facing cancer can be scary and most people have lots of questions. Our cancer topics cover many types of cancer to help provide the answers you need most.

Children's Health




Keep your children focused on you from a young age and check out our content to learn more about ways to manage their health.

Decision Points





These decision tools will help you decide if certain treatments, medications and procedures are right for you and your family.



Diabetes



This section will teach you about well and controlling your blood sugar levels. You'll learn how to manage diabetes and prevent further health issues.

Healthy Recipes

Asparagus With Lemon Sauce


Lemon sauce makes fresh asparagus the perfect side dish for fish, scallops, chicken, or meat dishes.

Printer Friendly

Prep time	Cook time	Yields	Serving Size
5 minutes	10 minutes	4 servings	3 spears, 1 1/2 tsp sauce

Ingredients

- 20 medium asparagus spears, rinsed and trimmed
- 1 fresh lemon, rinsed (for peel and juice)



Calories	39
Total fat	0 g
Saturated fat	0 g
Cholesterol	0 mg
Sodium	167 mg
Total fiber	2 g
Protein	2 g
Carbohydrates	7 g
Potassium	241 mg

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