



## Disrupting Negative Thoughts

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### The Presenter

#### Marcey Rader



Marcey Rader is a Lifestyle Trainer specializing in helping high achievers and mobile professionals climb the ladder without sacrificing their health. She holds a B.S. in Exercise Science and Wellness, an M.Ed. in Health Promotion and Exercise Management, and is a Certified Personal Trainer and Certified Fitness Nutrition Specialist.

She worked as an Operations Manager and Process and Technologies Trainer in the clinical research industry before becoming certified as a Productive Environment Specialist to take her skills to the masses. She has 6 years of corporate training experience and has conducted both virtual and face-to-face training sessions and speaking engagements. She is the creator of the Jetsetter Gym Kit, the 25 in 25<sup>th</sup> and 10 by 10<sup>th</sup> exercise challenges on Coach.me, and author of *Hack the Mobile Lifestyle: 6 Steps to Work Well and Play More!* She works with individuals and businesses to clear the clutter from their body, mind, and inbox one habit at a time.

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### Learning Objectives

- Identify the symptoms and causes of negative thoughts
- Apply strategies to disrupt negative thoughts
- Understand when additional help is needed
- Discuss the types of help available

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## Survey

Are negative thoughts normal?

A) Yes

B) No

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## Are Negative Thoughts Normal?




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## Symptoms of Anxiety

### Emotional

- Feelings of apprehension or dread
- Feeling tense and jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger

### Physical

- Pounding or racing heart and shortness of breath
- Upset stomach
- Sweating, tremors, and twitches
- Headaches, fatigue, and insomnia
- Upset stomach, frequent urination, or diarrhea

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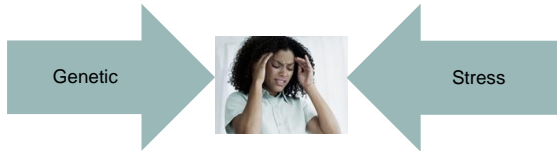
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## Causes of Anxiety




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## Preventing Negative Thoughts: Reframing Techniques

- Label the thoughts
- Thank your mind
- Let the thoughts float away
- Say the thoughts in a funny voice
- Move forward anyway




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## Survey

Which of these reframing techniques are you most likely to try?

- A. Label the thoughts
- B. Thank your mind
- C. Let the thoughts float away
- D. Say the thoughts in a funny voice
- E. Move forward anyway

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### Preventing Negative Thoughts: Mindfulness Techniques

- Meditate
- Do yoga
- Smile
- Sing
- Surround yourself with positive people
- Don't take on a "victim" mentality




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### Preventing Negative Thoughts: Mindfulness Techniques

- Help someone else
- Don't dwell on your mistakes – move forward
- Read positive quotes
- Name five things you are grateful for




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### Try It!

1. Write down five things you are grateful for.
2. What thoughts and feelings are you experiencing now?




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### Action Step

What is one strategy you will try the next time negative thoughts come to mind?




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### Need More Assistance?

- Treatment options
  - Psychotherapy
  - Medications
  - Complementary health approaches
- Contact your Employee Assistance Program (EAP)




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### Quote

“See the positive side, the potential,  
and make an effort.”

Dalai Lama




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Thank You!

## Questions?

Please complete the short online evaluation  
after exiting from this webinar.

## Works Cited

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