



Disrupting Negative Thoughts

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[®] and 10 by 10[®] 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.

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



Survey

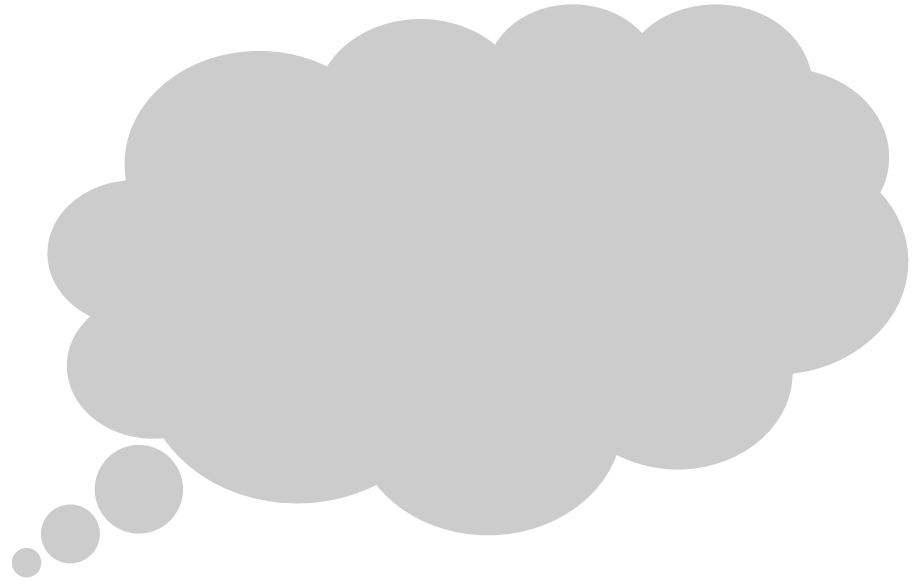
Are negative thoughts normal?

A) Yes

B) No



Are Negative Thoughts Normal?



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

Causes of Anxiety

Genetic



Stress

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



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

Preventing Negative Thoughts: Mindfulness Techniques

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



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



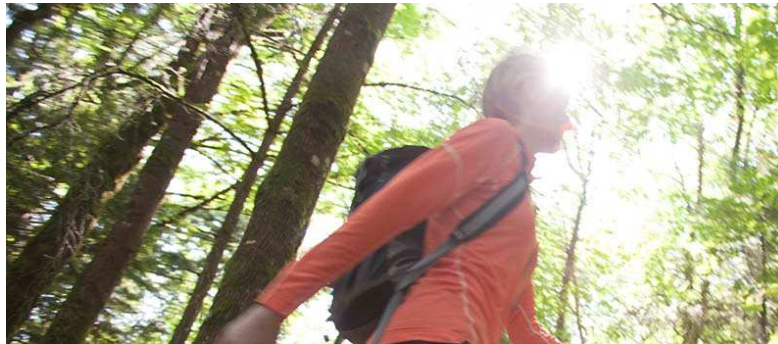
Try It!

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



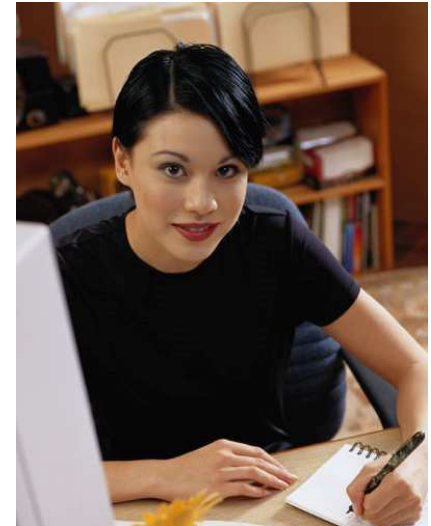
Action Step

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



Need More Assistance?

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



Quote

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

Dalai Lama

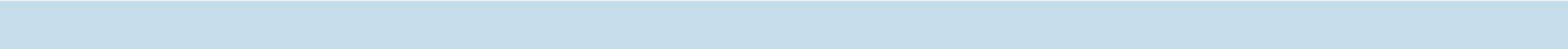




Thank You!

Questions?

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



Works Cited

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