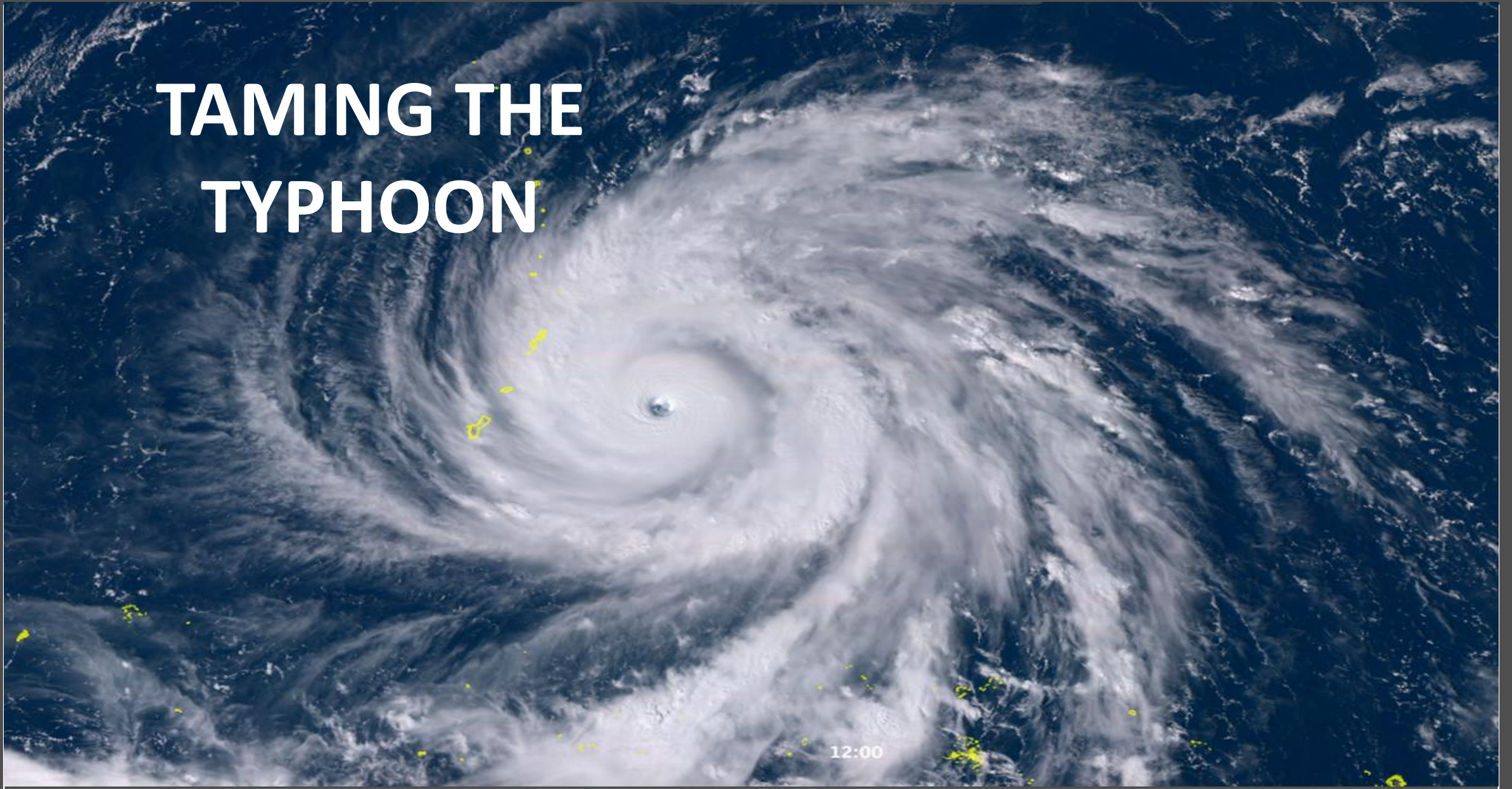


TAMING THE TYPHOON

12:00



THOUGHTS

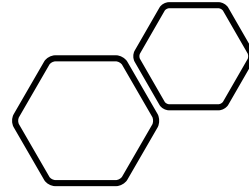


THOUGHTS ARE GENERATORS OF OUR WELLNESS



THOUGHTS → PERCEPTIONS → REALITY

ANXIETY IS A BYPRODUCT OF IMAGINATION



- STRESS IS INFLICTED MOSTLY BY IMAGINED SET OF EVENTS
- HOW MANY THOUGHTS DO WE HAVE IN A 24 HOUR PERIOD?
- WE THINK IN WORDS/IMAGERY AND EVEN WHEN WE ARE ASLEEP.
- WE THINK SAME THOUGHTS REPETITIVELY.



WHY ARE THE NEGATIVE THOUGHTS HARMFUL?

NEGATIVE THOUGHTS CAN ALTER
CHEMICAL MAKEUP OF BRAIN

DEPLETES SEROTONIN AND DOPAMINE
(BENEFICIAL BRAIN CHEMICALS)

INHIBITS BRAIN CELLS DEVELOPMENT

INCREASES FEAR CENTRE

SOMATIC RESPONSES



ACTIVITY

MAKE YOUR BALM

STRATEGIES



CHALLENGE YOUR THOUGHT
WITH AN ALTERNATIVE



THOUGHT LOG



ASK FOR EVIDENCE



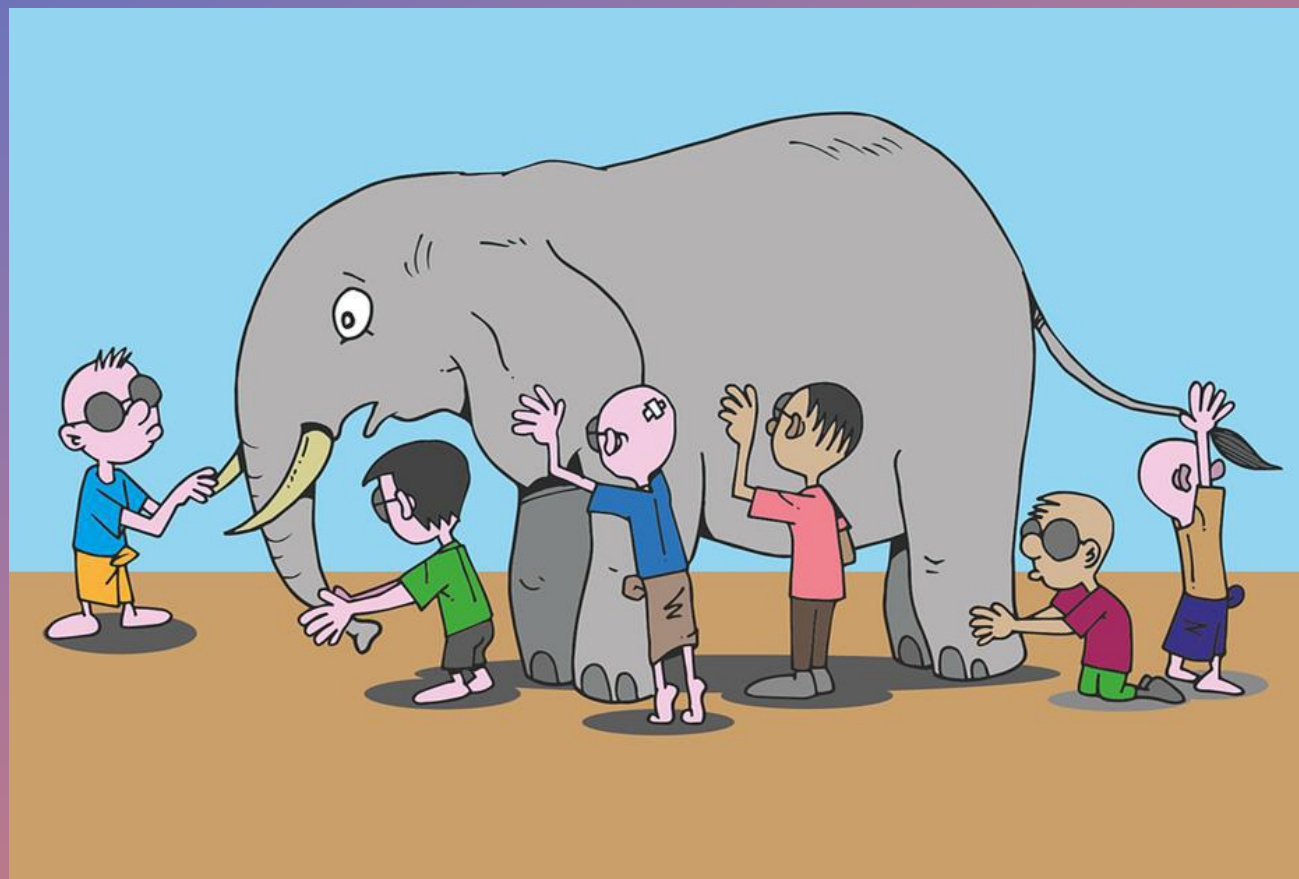
CHALLENGE AND LET GO

AUTOMATIC NEGATIVE
THOUGHTS:
CYNICAL, GLOOMY AND
COMPLAINING
THOUGHTS

ANTS



WE
RESPOND
TO WHAT
WE
PERCEIVE





[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

POSITIVE VS NEGATIVE THOUGHTS



THE CLIFF