

TUNE IN TO MINDFULNESS TO TUNE OUT THE NEGATIVE

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Thank you all for joining us today for Tune In to Mindfulness to Tune Out the Negative. I'd like to now introduce our presenter, Andre McCabe: Andre McCabe is a licensed independent clinical social worker in Washington, DC, and Virginia, and is an employee assistance specialist for Federal Occupational Health for several Federal agencies. He has over twenty-three years of clinical and employee assistance experience counseling individuals, groups, and families utilizing cognitive-behavioral counseling and solution-focused interventions. He has found the practice of mindfulness techniques to be valuable for his clients as well as in his own life. And with that, I'll turn it over to Andre to begin the presentation.

Good afternoon, or good morning to all of you, wherever you may be tuning in from. My name is Andre, again, and I am a senior consultant with federal occupational health. I am happy today that you could join on the presentation. Tune in to mindfulness to tune out the negative. As we go into the 21st month of navigating a global pandemic, now more than ever, we may find ourselves to be occupied with what is wrong with the world. What is wrong with our relationships, ourselves, and so on, so on. The goal of this visitation is to discuss the impact of negative thinking on our overall well-being and how to cultivate greater happiness to the practices of positive thinking and mindfulness. This objectives for the presentation include describing the aspect of negative thinking and how it can affect us. To find positive thinking and mindfulness. Explain the benefits. We will engage in one activity of positive thinking and one activity to cultivate more mindfulness in our lives. As humans, we are often creatures of habit negative thinking, the long-standing, well ingrained habit for many of us. As you can see in this quote, most people would rather be certain there miserable band risk being happy. Speaks to how challenging it can be if we have a long-standing habit of engaging in negative thinking. It can be challenging to push ourselves out of our comfort zone and risk trying something new. As you can see here, negative thinking refers to a pattern of thinking negatively about ourselves and our surroundings. Next, we will turn to, how does negative thinking developed?

Andre, if I could interrupt for just a moment, it looks like you are sharing your screen. Can we ask you to please stop sharing and pull up just the slides again? There we go. You should be able to go forward just from here.

My apologies.

No problem. Thank you.

How it develops. Negative thinking. The positive thinking workbook, the author argues that our brain is hardwired to fixate on ideas. From an evolutionary perspective, humans have spent more than 90% of our existence on earth living as hunter gatherers. We had to remain vigilant of perpetual threats as a survival technique. Consequently, our ancestors' fight or flight response is constantly being activated as a form of self-preservation. The problem is that our brains still engage in this distressing response, even though we no longer face the same types of threats regularly. Our brain's default mode is to focus on negative stimuli and perhaps, then begin ruminating. Additionally, negative thinking stems from societal norms. Our society tends to suppress positive thinking by normalizing self-criticism. As a result, we integrate societal norms that we must be critical of ourselves to be responsible, contributing members in our community. Another way that negative thinking develops, family of origin. The authors write that when we are born, we are basically a blank slate, waiting to be imprinted upon by our primary caregivers from birth, continuing through our childhood into adolescence and as we learn how to get our needs met for food, security, love, and belonging. If negativity permeates the culture and the family that you grew up, we absorb and normalize this pessimistic outlook consequently, a negative outlook sets in and tends to filter our perceptions about ourselves and the outcome world. The psychologist framed positive and negative terms into how things happen. Pessimistic or explanatory style often blame themselves and that does happen, but failed to give them selves credit for successful outcomes. People with this style view negative events as inescapable and unavoidable and tend to take personal responsibility for such negative events. To example, you may be on site at work. A supervisor, when you are passing by them, glares at you. Maybe a scowl. And you might think to yourself, "gosh, I must've done something to irritate them." In reality, it may not have anything to do with you. Perhaps the supervisor had a disagreement with their spouse prior to work and is still ruminating about it. Perhaps her dog ran out of the house, causing her to be late. My apologies. Okay. Now, we are on the right flood. Let's turn to the impact that negative thinking has on us. As many of us are aware, there have been significant resources but not the mind-body connection. This means that thoughts, healing, beliefs and attitudes, can affect how our bodies are. In turn, how we treat our bodies, what receded, how active or in active we are, our quality of sleep, even our posture can impact the health of our mind. Negativity sends the body into stress or fight or flight mode although, some stress can be good for us, can be a motivating factor, too much stress can be detrimental to our health. Extended periods of negativity we to slow digestion and to crease the ability to fight inflammation. This is my negative people are more likely to get sicker than optimists. You can see here on the slide that it does tend to be a destructive cycle. If we are not attending to and caring for physical health, when we are not feeling physically well, we tend to engage in negative thinking. Engage in negative thinking, it might elicit more stress. The extended exposure to stress, the fight or flight response, can lead to being more vulnerable to being sick, having illness, having infection. So, now that we have discussed the harmful effects of negative inking and how it develops, the exciting news is that we do not have to stay mired in focusing on what is wrong is in our lives. We have a choice right now. We can cultivate greater life satisfaction by product is and more positive thinking. Noting the profound importance our thoughts have on our ability to lead a happy, fulfilling life. Loud Sue, Chinese philosopher credited with founding Taoism wrote, "watch your thoughts. They become your words. Watch your words. To become your actions. Watch your actions they become your habits and so on and so on." Now, let's take a look at the

definitions and impacts of positive thinking. As you can see here, positive thinking is fairly self-explanatory. Positive thinking involves the practice of focusing on the good in any given situation. We're going to expand a little upon that, as far as what positive thinking is and what it is not. Positive thinking involves a healthy internal narrative. Can be ongoing in the dialogue that you have with yourself. Depending on the tone of our inner dialogue, it can be either our best friend or our worst enemy. From our thoughts, we develop a narrative or a narrative is a story that we tell and believe about ourselves, about the world, and about others. Helps us make sense of the world and our own experience. Kindness, patience, encouragement, self-compassion are integral components to positive self talk, which results in a more hopeful, optimistic narrative. Positivistic thinking, the balance of belief, thinking, circumstances with other people. We can also regard perceptions. We can intentionally choose a more thoughtful approach to her perceptions to open ourselves up to a more positive perspective, which can certainly lead to a significant transformation to our lives. I talked a little bit about what positive thinking is. Let's switch our attention to what positive thinking is not. Positivity is defined by the assumption that we have to maintain positive vibes, even in times of great suffering. It assumes that we should ignore or suppress our negative emotions. When you avoid or discount your pain, we are not allowing ourselves to process the emotions. And when we do not allow ourselves to process discount, negative and uncomfortable emotions or thoughts, this doesn't need to get things. One thought is rigid, aspirations of being quote, unquote perfect. Difficult times, whether a few hours, a full day, or having a really challenging extended period of time. It proves challenging sometimes to remain in positive thinking. Extended compassion and kindness towards ourselves can prove helpful. Positive thinking is not selfish. Some may initially view the practices being self-centered, or self-absorbed in focusing on the self, but it is not the case much the same way a flight attendant reminds us to put our oxygen masks on before assisting someone next to us, if there was a sudden cabin pressure situation. We become set up to help others better if we are taking care of ourselves. So, you may ask yourself, you know, always tended to view things pessimistically. How did that develop? We talked about formative experiences. If we had a negative inner dialogue, those responsible for taking care of us and to messages that were not particularly encouraging about our innate worth. More likely, we are engaged in negative thinking. However, conversely, if we have caregivers who affirmed our self-worth and to be reminded us of our value, we are more likely to engage in positive thinking. From that, again, going back to negative thinking, but on the opposite side, we develop a narrative about who we are about other people and about the outside world. The positive narrative is developed and reinforced by positive thinking. Positive thinking is strength-focused. We focus on what is good in our lives. We focus on the people that we really value, without ignoring the deficits or things that need to be addressed. I think most importantly, positive thinking is developed and sustained by continued practice. Through intention, effort, and consistent practice, we can begin to lower our levels of negative thinking and raise that to positive thinking. We are going to turn to what some of the research indicates as far as the impact of positive thinking. Has significant, beneficial impact on our physical health. Research indicates that it strengthens our immune system, heart functioning, and reduces pain. It can also enhance our relationships. Others are more likely to want to continue to engage with us, which can enhance our relationship. And then, positive thinking can also bolster resilience. Resilience is defined as the ability to bounce back from life's inevitable obstacles. Research in the field of pop

psychology indicates that helps us mentally overcome challenges. Finally, positive thinking, the research indicates that it leads to greater life satisfaction, feeling of happiness, hope illness, and self-esteem. As we noted earlier, positive thinking is not something that just comes out of the blue. There's reasons why it helps. If you happen to identify with someone who really struggles with this practice intends to think on the negative side -- As I said earlier, the good news is that we can increase our positive thinking. So, we are actually going to engage in a practice right now. And the practice is titled positive reminiscence. So, what I would ask you to do is settle your self in a relaxed posture. Take a couple of deep, calming breaths. Relax and center your attention. And now, let your awareness move to a recent experience that you had that brought you pressure. Could be something as small as a stranger smile that you as you walk or something larger, such as engaging favorite hobby. I would like for you to put yourself back in that place. Would like you to recall how it made you feel physically and emotionally. Perhaps, what senses were triggered. Allow yourself to remain in that space for the next few moments as you remember. And now, you can gently say to yourself, " for this, I am grateful." Next, bring to mind the recent positive experience you had with someone. Visualize exactly what took place. What actions and/or words to the person use that brought you happiness? What are some of the qualities this laid during the exchange that made your heart happy. Allow yourself to remain there and reexperience the initial joy you felt. Now, again, say to yourself, "for this, I am grateful." Lastly, turn your attention to yourself and think about a recent experience that left you feeling good about the person you are. Visualize yourself and that's base. What transpired? Was it something that you did for yourself? Was it something that you did for another person? Did you utilize the strength that you identify with? Again, what feelings, emotions, physical sensations came up for you? Allow yourself to reminisce and bask in that experience. Nine, you can say to yourself again, for this, I am grateful. Now, I would like to to bring your attention slowly back. I would like you to take a moment and notice how you feel after expressing appreciation for yourself and people, things, experiences in your life. We are going to engage in a participant Paul to see how that was for you.

Okay. Let me go ahead and open that poll. Okay, we have got some responses coming in. If you have not responded yet, you have got about six seconds to do so. Then, we are going to Lowe's this and show the results. Okay. One moment while I show those. Okay.

Okay, great. Great. See the majority of people felt relaxed and content. Some people felt happy and energized. Glad to see that. I also noticed that some people reported feeling and different. The great thing about positive thinking, or the practice of positive and, is that there are many other activities we can engage in if this activity did not necessarily appeal to us. So, we are going to move into that direction and talk about different practices we can engage in. One such practice -- I am going to cover some of them, but I may not get to all of these practices -- But just a reminder that a lot of these are going to be highlighted in the resource section materials. One of the practices I would like to talk about today is creating a vision statement for our lives. Do you ever notice how, when we prepare for an interview at a new department or agency, we often research the divisions vision or mission statement. We can do the same with our lives, by writing a statement or paragraph or maybe even several paragraphs about living a life that is congruent with the person we want to be rude we can gain greater parity about what will bring

this joy, and as we focus on this vision, we are more likely to engage in positive thinking. Going back to what I referenced what will positive thinking is not, regarding being inflexible or rigid, there are times when we are going to go through difficult moments and periods of our lives are in self compassion can certainly be a practice that we cultivated more in our lives. Entails being warm and understanding towards ourselves when we suffer, fail, or ill in attitude, rather than ignoring or pain or punishing ourselves. In the resource handout, you can find the link. One of the leading experts on self compassion. On the web that, it lists different self compassion exercises that we can practice to strengthen these qualities. One such practice that comes to mind is, if you have a tendency to beat yourself up a lot, when you notice you are doing that, you might want to put your hand on your heart and just see how it feels. In my experience, difficult to put my hand over my heart and continue to engage. We try the gratitude exercise. It is so, so important when it comes to positive thinking. For a myriad of reasons, we as humans, can be subject matter experts in what is wrong in our lives. Relative novices about what is right with ourselves, our relationships, and the world. How can we gain more expertise? How can we come more like subject matter experts? What is right and good in our lives is just as true and factual as what is wrong in our lives. Two or three times a week. Journaling, reminiscing about experiences, qualities about yourself that you feel good about. Certainly, strengthening the gratitude muscle, if you will. One of the things that could lead to more positive thinking. Tuning in to positive news. News sources, whether newspapers, television broadcasts, often exploit the need to us to be stressed by reporting solely on news that elicits fear anger and outrage to keep us tuned in. Being exposed to extended periods of watching or reading the news can contribute to a higher level of negative thinking. However, finding some balance in news can option, focusing on stories that highlight the good in humanity can be a strategy for positivity. In the resource page that we will share at the end there is a website called the good news network. The best quality in humanity. Sometimes, need that reminder when we are inundated with negative thinking. One of the biggest, I think, most important attributes in positive thinking is the network of people that we surround ourselves with. Being intentional about surrounding ourselves with people that are firm on themselves, provide feedback in a loving and respectable manner, can certainly increase positive thinking and make us feel better about ourselves and lives in general. So, we just went over positive thinking definition. We engaged in a practice of positive thinking. In the next section, we will address a second to respond to negative thinking. That approach is mindfulness. Like the previous section, we will review the definitions. And activities that we can engage in to increase mindfulness or respond more effectively to negative thinking. Oftentimes, we have the tendency to push back or try to want to control experiences that bring us discomfort. This avoidance or fighting our reality can often lead to greater suffering. Mindfulness is about periodically creating space for thoughts and emotions, both negative and positive with a nonjudgmental, curious, and kind attitude. You can see here the author and lecturer who wrote the book -- "And this is from the book" by things we cannot change," serenity comes not only from accepting what we cannot change, but giving up trying to be in control. We will now turn our attention to mindfulness. Can see on the definition here, maintaining a moment by moment awareness. The attitude that we take is just as important. Having a gentle, nurturing lens without judging those thoughts and emotions. We are going to take a little deeper dive and talk about what mindfulness is and what it is not. Living in the present moment. We spend so much time either experiencing or thinking about past events, which can trigger feeling guilty, sad, regret,

and oftentimes, our thoughts can be future-based, where we are thinking about different things coming up and certainty can trigger angst and the stress response. Mindfulness is about being in the here and now. Allowing the present moment to unfold. Also about. And greater curiosity. This is important. Being aware. Mindfulness is also about the attitude that we take towards our thoughts and emotions. It involves cultivating an inquisitive, nonjudgmental accepting attitude. It's our thoughts, emotions, and to. Ensues. As the earlier quote indicated, mindfulness is about acceptance. Instead of backing away from negative emotions or experiences or suppressing them or maybe rejecting them on to other people, mindfulness encourages us to accept them. Acknowledging how we are feeling without Russian to change our emotions. Many people wanted help to breathe slowly and deeply while learning to tolerate strong feelings. Much in the same way positive thinking is, mindfulness is practice-based. Much like any new practice or a committee we are learning, mindfulness requires intention, self is the one, time, and effort. It takes repeated effort to cultivate greater mindfulness. Many apps, books, and other materials listed in the handout that can help us with being more mindful. Let's talk a little bit about what mindfulness is not. In itself, it is not an emotion. Frequently, it is thought of as filling these or being at one with the universe it is true that many do report feeling greater calm and contentment after engaging in mindfulness, but this is more the end product, not the actual crack use of mindfulness it self. Mindfulness is indeed action-based. It is not an apt sense of thought heard one of the most common misconceptions of mindfulness is that it involves an eradication of our thoughts. In fact, when we are first beginning to practice mindfulness, many report frustration that they are not doing it correctly because they continue to be inundated with dots, some that are unpleasant. A recent study conducted in 2020 included that the average human experiences over 6000 thoughts a day. Our mind is geared to continually feed us thoughts about our experience as they flash across our consciousness. Mindfulness is the practice of allowing thoughts and emotions to come and go, wax and wane, without over identifying with them. It is not the absence of emotions. It is changing our relationship to our thoughts and emotions. Mindfulness is not only asked Winston meditation. People first think of mindfulness, they may think of meditation. In the context of this presentation, it refers to focusing on the now. This is certainly one way to cultivate mindfulness and many other situations where we can experience greater mindfulness on a date to day basis. We will discuss other ways, other act of it is that we can engage in to cultivate mindfulness later on in this presentation. Mindfulness is not complacency or in action. Acceptance, in the context of mindfulness, does not imply passive it does not mean that we ignore values or avoid obstacles. Mindfulness acceptance mean that we fully acknowledge the current moment so that we can reach bond appropriately the next moment. Mindfulness responds could be forceful and energetic , or gentle and soothing. Or, could be simply pausing for a moment to allow an appropriate sponsor to emerge. Lastly, I talked earlier about mind on this not being an emotion. However, the practice of mindfulness, when starting, people would like to think that it will only elicit positive thoughts and emotion. Yes, positive thoughts and emotions can arise from these practices. However, on the other side, it can also bring to the surface negative thoughts and emotions. Maybe for a long time, we have been trying to suppress or avoid the discomfort that we may be asked and send. So, when they,, they may be an unpleasant experience. One thing that can help us be go through the distemper is to remind ourselves of the temporary nature of all feelings and emotion. They come and go and wax and wane. Talked about what mindfulness is and what it is not rude let's

talk about the impact of mindfulness. So, there are lots and lots of research on the outcomes of mindfulness. A lot of the research indicates that mindfulness can improve physical health, strengthen our immune system will lower our blood pressure, reduce inflammation, and how our bodies heal fast. Another major positive impact from mindfulness practice is mood regulation. Although mindfulness is not a substitute to proper clinical care, it does help to regulate issues. Additionally, mindfulness can lower one level of emotional react to Bertie. How often have we responded from a place of elevated emotion when we were triggered and then, as soon as we responded, we immediately regretted our response? Many practice meditation on a regular basis note being better able to pause when faced with stress before responding. When they do respond , the report that the response is congruent with the person they want to be. That is, the response is thoughtful, deliberate, and appropriate. Mindfulness can also lead to higher levels of concentration, which can increase productivity. Mindfulness can enhance relationships when we are fully present with the people in our lives that we love, that can only benefit our relationships. How refreshing would it be for someone in our family, for them to experience when they are sharing some news with you? How refreshing and gratifying it can be for them to experience us just being fully present. Being able to acknowledge what is going on without having to act on it, and be engaged fully with listening to what they have to say. Lastly, mindfulness, according to research, improves well-being and other functions. By focusing on the here and now I'm a many people find they were less likely to get caught up in words, the future. They are less preoccupied with concerns about self-esteem. Now that we have talked about the effects of mindfulness, we're going to address how is it that we practice mindfulness on a day to day basis? So, how can we start being more mindful? It is about taking small steps in our day-to-day routine. Here are some helpful suggestions. I'm going to highlight a few here. In the morning, we first wake up . Before we lift our heads and right before we go to sleep, while we are in bed, we can observe five mindful brats. When we are in waiting mode and we find ourselves frequently in waiting mode in our day-to-day lives. Whether that be stuck in traffic, in line at the grocery store, on hold with the receptionist trying to schedule a doctors appointment. Perhaps, frustration and impatience can arise for us. What we can do is just engage in a couple of deep breaths. We can become more aware of these feelings. We can just say, wherever we are, without having to respond or act on that. If we do that on a consistent basis, we can become more cognizant, more aware, more in touch with how that impatience or frustration Ken Wayne. If you stay with it for a period of time. Talking with listening to someone. You can listen to someone without agreeing, disagreeing. Especially, if the other person , their level of emotion may be rising. It may become more heated, more contentious on their side. When we are proud is an mindfulness, we do not have to match that level of emotion. Week and stay grounded. We don't have to come up with a response, a verbal response right away. We can notice the thoughts and feelings that are being triggered by this action without acting on them. Perhaps, we may need to take a pause before we respond and think about, okay, what is it that I am feeling and how do I convey this to the other person in a respectful, but honest, manner? We can engage in mindfulness and the daily reflection. We can acknowledge our experiences, either to someone else, or in a journal. That can help lead us to being grounded. So, for example, there is a practice that some families engage in. Some families engage in, perhaps, having a family meeting once a week. And in that family meeting, they will engage in what is known as a rose and thorns ceremony. This is where each family member goes around the table and chairs

something about the week that brought them joy, the Rose. Something that is uncomfortable. Pain, sadness, anger. Difficult to navigate. This could be such a great bonding experience for family. This is certainly practicing mindfulness. Not only does it validate and normalize cultivating gratitude and appreciation for our children, but, it can also normalize and validate being able to express uncomfortable feelings, getting in touch with them, and also being able to express them. So, this, I think, is a great activity. Cultivating a little more mindfulness in our lives. Last week, through forgiveness, a lot of us may carry around resentment for someone or some people based on an X variants or events that wended us deeply. And some of us can carry that resentment around for next ended periods of time. I am sure I am butchering this quote, but Gandhi once said something to the effect, "holding on to resentment is like holding onto hot coals and thinking you are burning the other person." The idea is that really, when we are harboring resentment, especially long-term resentment for someone, we are really doing damage to ourselves. We are actually burning ourselves by holding the coals instead of the other person. So, forgiving is a practice that we can engage in. Perhaps, not so much for the other person has for ourselves. And, when we do practice forgiveness, it is not the same thing as forgetting what happened. Putting ourselves back in the same dynamic that we found ourselves in when we were initially wended by the other person. Trying to resolve that resentment. One of the practices, mindfulness practices, that we can engage in is the lovingkindness meditation. This is where we visualize the person who has wended us. When we have the requisite motivation to move in the direction of forgiveness -- It is a process. It is not something where we say that we are ready to forgive the person and they are forgiven. It is a process that sometimes, a lengthy Rosses. The requisite motivation. We have reached the tipping point and we do want to do that. Then, we can picture this person in lovingkindness meditation and offer the statement to ourselves for them. These could be something like May you be happy, may you be safe. You can repeat those to that person. That may take a couple days, several days, several months. We also do this to ourselves, as a form of self compassion. Being able to fix and those words to ourselves and extend those words to the people that you love. So, those are some of the product is is that we can engage in. Again, the common perception of mindfulness is that it must be about meditation. Yes, that is one of the practices and we are going to get to that next, but you can see here, there are a lot of other ways that we can cultivate more mindfulness. One last practice I would also recommend that is not on the slide is, if we find ourselves feeling overwhelmed by uncomfortable thoughts and emotions, one way to ground ourselves, also, is to draw a line down the middle of a sheet of paper and have two columns there and less the stresses, thoughts, emotions, the content that is in our sphere of control and the ones that are outside our sphere of control. We can be mindful about how to spend less time on things I am never going to be able to control and how to spend more time and energy on things you can control. So, next, we are going to turn our attention to the mindfulness practice of meditation. So, Pima children, and her book, she is an American Tibetan Buddhist and author of many books. She writes, in this quote, about our tendencies to want to distract ourselves when we experience pain or suffering. So, she compares the pain and discomfort of suffering to an itch. We experienced this itch. Of course, when we have an edge, you want to scratch it. She compares the scratching of the edge to distracting ourselves with something else or avoiding it, suppressing it. You can see here that she talks about this habitual way of trying to get away. Trying to escape from our fundamental discomfort. Fundamental restlessness and security. A

feeling that something bad is about to happen. She argues that the mindfulness meditation, we can learn how to stay with the urge to scratch without scratching. Whatever we were feeling and we just say to stay with whatever for certain periods of time. Set of meditation, if you will, we will try to stay with the edge and the urge to distract. Without distracting ourselves. So, what I will do now is turn to this guided meditation. It is called mindfulness of the breath. So, what I would like you to do is to set everything else aside. You may want to turn away from your computer screen. Place yourself in a comfortable position. Flat on the ground with your hands in your lap or folded together. We want to close her eyes were fixated on a central gaze. Once you are in a comfortable position, bring your attention to your breath. Follow the error as it comes into your nostrils and goes down to the bottom. Follow it as it goes back out again. Notice how the air is slightly warmer going out of your nostrils and slightly cooler coming in. gently acknowledge whatever feelings, urges, or sensations arise whether pleasant or unpleasant. Gently acknowledge them. Whatever thoughts, images, memories, lives, whether those are comfortable or uncomfortable , simply acknowledge them and allow them to be. No need to be frustrated. Were disappointed, when you get carried off by thoughts and emotions. Our minds distract us from what we were doing. Each time you notice your attention has wandered, gently acknowledge it , note what distracted you, and return your attention to your breath. Now, when you are ready, bring yourself back and open your eyes. Similar to the positive thinking and give it a, I would like you to take a moment and notice how you are feeling, reflect on how you're feeling did we are going to engage in some simple questions at this point.

All right. Just one moment. Let me pull that up for you. All right. Here it is. After doing this mindfulness breath exercise, I feel -- You have several options there. About 15 seconds left to answer this, if you have not responded yet. Looks like we have got a lot of responses coming in. Thank you very much. About five seconds until we close out this poll. Okay. One moment. I'm going to pull up those results. All right. There they are.

Okay, great. So, it appears that the majority of folks felt much better or the majority felt somewhat calmer. So, I am really glad to see that. The good news about this practice and positive thinking practice, if you benefit from it, it is always at your disposal. For those who experienced no change or felt grounded, there are other activities that we talked about today but hopefully can help cultivate more mindfulness in your daily lives. Thank you. Okay. So, in summary, negative thinking takes us away from us leaving a happy, fulfilling life takes us away from the person that we want to be. Certainly, it can be detrimental to our mental and physical health. Approaches that we can engage in more to enhance the quality of our lives and satisfaction. They can be cracked is true they take effort, self-discipline, time, commitment. With time and intentionality, we can all become happier, healthier people and more connected to the people we love. So, I will now -- Thank you for allowing me to present on this topic but I will go to the next slide row quick, the resource slide. You can see here, you will get this by email. These are some of the books that I chose that I thought would be helpful, if you are motivated to learn more about mindfulness and positive thinking. Mindfulness in plain English, a great book. As the title would suggest, the language is easy to understand. There is the good news network. Different meditations on YouTube. I would be disappointed if I did not mention one of my favorite laughter inducing videos on YouTube, baby monkey going backwards on a pig. It is about

50 seconds area it always makes me laugh. Can a chance right after this to click on that and look at it but it's pretty funny. So, now I will turn it back over to you.

Okay, great. And yes that baby monkey going backwards on a pig is very funny. Great. Thank you so much, Andre. That was a wonderful presentation. If you would like more information on this or other health and wellness topics, please give us a call or visit us online. The EAP is confidential and is available 24 hours a day, seven days a week to help you work through personal and work related issues. Before we get to the Q&A portion, I would like to remind you again that you will receive the recording link and transcript, a copy of the slides, resource handout, and a certificate of attendance via email within 24 hours after the webinar. All of today's content will also be available in about two weeks. Finally, when you exit, you will see a satisfaction survey where you can let us know about your experience today and provide us with any additional feedback you may have. We do read your comments and use them to make adjustments. It looks like we have a very short amount of time.

Let's get down to the questions. Andre, we have got a great question here. Someone is asking. You have described many different activities to increase positive thinking and mindfulness. It seems like a lot. What would you recommend as a starting point?

That is a great point. You are right. There are a lot of different activities I mentioned. I certainly think, with positive thinking, cultivating gratitude, a greater amount of latitude, might be a helpful one to start out. Again, being intentional about carving out some time, several times per week or maybe even nightly, making it part of your bedtime routine. Reading done two things that brought you pleasure that day, that brought joy to your life. As far as mindfulness, certainly, if you can try to carve out five minutes a day in the morning and perhaps go through a guided meditation through one of the apps that we talked about, that could really get your day off to a good start. Especially, as you may be going into a situation that maybe triggering during the workday.

Great. Thanks, Andre. We are just going to do one more question before we wrap up. It seems unrealistic to engage in lots of positive thinking these days, amidst a global pandemic that has caused so much suffering. Wouldn't you agree?

Yes. I would agree that there is a lot of suffering and a lot of loss. Not only the loss of loved ones who have passed away and are suffering with illness, but also, a real loss of the day to day lives we had before the pandemics started. The amount of connections we had. I think, one of the most important practices that we can engage in during this time, really difficult time, we are going to need self compassion. Acknowledging what we are going through. In gentle patient, kind with ourselves and perhaps, going on to that self compassion website, trying in exercise or two.

Okay, thank you. It looks like we have reached the top of the hour. We are going to go ahead and conclude the webinar for today. If we didn't get your question or you have additional concerns, please call the EAP to speak with one of our consultants who can help with your specific

situation. I would like to thank Andre McCabe once again for presenting today, and I want to thank you for taking time to be here with us today. This does wrap up our webinars for the year. Please join us again next year starting in January for our financial webinar Strategizing Taxes to Improve Your Future Well-Being which will take place on January 12th. We wish everyone a joyous and peaceful holiday season and a happy new year! See you in 2022! Thank you.

Thank you, everyone. [Event concluded]