

FEELINGS, THOUGHTS, AND BEHAVIORS: HOW THEY WORK TOGETHER

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Hello, everyone, and thank you for joining us for this month's webinar. Today's topic is Thoughts, Feelings, and Behaviors: How They Work Together. And presenting for us today is

Dr. Vanessa Boglio Martinez: Vanessa is a licensed clinical psychologist in San Juan, Puerto Rico. She received her Doctorate in Clinical Psychology in 2006 from Ponce School of Medicine in Puerto Rico and has several certifications, including being a Provider of Direct Psychological Health Services, a Substance Abuse Professional (SAP), Facilitator of Dancing Mindfulness, and is a Certified Employee Assistance Professional. Vanessa has over sixteen years of clinical experience providing cognitive-behavioral counseling, solution-focused interventions, and individual psychotherapy to children, adolescents, adults, couples, and families in private practice, as well as to employees and supervisors in the workplace. Dr. Boglio joined Federal Occupational Health's Employee Assistance and WorkLife Programs in 2010 as a field consultant where she supports employees and family members at San Juan's Veteran's Administration Hospital and at the Federal Building, which covers approximately 30 federal agencies in Puerto Rico and the Virgin Islands. I'll now turn it over to Vanessa to begin the presentation.

Thank you, Jessica. Good afternoon, everybody, and thank you for participating in this webinar. As human beings, we are hardwired to have thoughts, feelings, and behavioral responses. We have thoughts about the triggering event and then experience emotions and feelings as reactions to those thoughts. Because emotions and feelings are constantly something that you are thinking about they can influence your behavior. Throughout the webinar we will discuss how these three elements work together. So, today we will discover how these three components, thoughts, feelings, and behaviors, work together and are interrelated. Additionally, we will identify how it situations influence our thoughts and behaviors to increase self-awareness. Lastly, we will explore the connection between thoughts, feelings, and behaviors caused by brain function and apply theories that can enhance perception. Understanding how these components work together will make a positive impact in decision-making skills, stress levels, and we will also be discussing some tools that can help you create more awareness and become better able to recognize these thoughts for them not to affect your well-being. So, let's start by defining thoughts. Thoughts our ideas, images, opinions, or other products of thinking and involve the mental attention or consideration given to a situation or person. But something happens when we are stressed, when we are anxious, or even when we are undergoing trauma. So, when these triggers come into our lives these negative emotions may come into our lives, we have something called automatic thoughts. We all have experienced automatic thoughts. There a natural part of being a human and are usually based in assumptions. They can be believable but also very inaccurate. At times, these spontaneous automatic thoughts are negative which can get out of control and impact our behaviors, our feelings, as well as our ability to function.

But we cannot talk about thoughts without talking about thought process. Thought process is the way we organize and formulate a thought. For example, if we are coherent, our thought is clear and understandable. If there is distorted thinking because I'm feeling stressed out, because I'm in a situation of fear, it can impair coherence and lead to negative thought patterns that involve incorrect or irrational views of reality. For example, let's say you have a negative experience in a personal, intimate relationship. You may go ahead and develop the belief that you just aren't good at a relationship at all. I will never find nobody that loves me. Other examples of different kinds of thought processes are common sense, interpretation, distorted, critical and creative thinking, and of course, the automatic thoughts which we already briefly discussed. Normally thought processes are our psychological associations and the way we, the individual, view the world depending on our mental and emotional state. On the other hand, emotions, how are they expressed, what exactly are emotions? According to the American Psychological Association, emotion is described as a complex reaction pattern involving experiential, behavioral, and physiological elements. Emotional experiences have three components, a subjective experience, the way that I am feeling regarding a particular situation. A physiological response, gastrointestinal problems, migraines, headaches, pains in my body, and then behavioral or expressive response. Low tolerance, irritability, just yelling at other people. A feeling, on the other hand, is a result of the emotions and may be influenced by memories, beliefs, and other factors. Some examples of feelings are calm, amazed, brave, afraid, regretful, hesitant, among others. Feelings are the conscious effective intuitive experience of emotions. So, for example, if I had an emotion of anger, then my feeling would be my face. If I had anxiety, then the feeling would be the heart pounding out of my chest. Muscle tension. Overall, the term feeling is typically used by emotion researchers simply to refer to bodily sensations. For this sensation, we will use feelings and emotions in an interchangeable manner. And now I invite you to think about this question. Is it challenging for you to express your feelings? We are going to wait a few seconds to allow everybody to participate. Is it challenging for you to express your feelings? What are we all thinking about that?

You have about 10 seconds left to get your answers in. Just a couple more and I will reveal the answers in just a moment. All right, there you go.

Okay, thank you so much. So, the majority was an it depends. If you answers yes, it is very normal to find it challenging to express your feelings. It will depend also on the situation, on your personality, on the way that even you were taught to express feelings since you were a little kid. So, it depends. It depends on, do I want to? Do I feel comfortable? At times we don't even know how to. We are confused, we are perplexed. We have fear. If we express feelings, how are other people going to take it? We may feel even judged. Or like many people say when they first come to our session, I don't want to burden anyone with my situations, right? So, if you replied depends, it depends. So, thank you all for participating. Making the connection between your feelings is very usable. Associating thoughts to your feelings opens up the gates towards self awareness, towards emotional intelligence, and those are all benefits. If we know and understand ourselves, then these tools that we are going to be sharing with you all are going to allow you to learn a little bit more about emotions, about how our brain is working, how we can make the connections to create that self awareness, that emotional intelligence of

understanding emotions which is very complicated. But now let's move into the behavioral component. Behavior, on the other hand, is an action. An activity. A process. It can be observed and measured. Often these actions, activities, and processes are initiated in response to stimuli which are either internal or external. If I am feeling a little bit sad and I just want to stay isolated, that is because of my sadness. It is because of my emotional interpretation of a particular situation. Emotions, thoughts, and other mental processes don't usually fall under the concept of behavior. It is a way of living. Externally -- a living person reacts to its environment. Behaviors are dependent on both our thoughts as well as our emotions. So the way that we think about a particular incident, the way that we feel about a particular situation is going to affect my behavior. If we can change our thought process, our feelings, and behaviors will naturally change. So, you will see also in this slide a few examples of different behaviors. Politeness, hostility, respectful, playfulness. Now, in the next slide, we are going to discuss different method jollity that explains the connection between thoughts, feelings, and behaviors. These approaches are commonly used with cognitive behavioral therapy. They help us understand the impact our thoughts have on the way we feel and subsequently may or may not affect our behavior. So, let's go ahead and discuss the cognitive model. The cognitive model of psychology is a methodology that emphasizes a person's perception, my perception, and thoughts as the main influencers of their feelings and behaviors. The cognitive model is based on the idea that our thoughts, feelings, and behaviors are constantly interacting and connecting with each other and when you see this slide you see the arrows. The arrows are going both ways. So, when we think about something, it's going to affect my emotions which are the way that we feel, which also is going to affect my behaviors. How I deal with that particular situation or that particular feeling. The cognitive model was originally constructed following research studies conducted by Aaron Beck, an American psychologist. He studied the different processes. Now, let's see how we can all connect these three elements. Let's see an example. As a result of our thoughts about a situation, we experience an emotion. Let me just go back for a few seconds so that we can implement and practice a little bit more the cognitive model. Let's say for example, Dale and Earl see that their supervisor is looking at them and walking towards their direction. Here's what the two of them may think. Okay, so, what is the situation? The supervisor is coming towards my way. Oh, my boss is coming to say hi and to check on the task he instructed me to do this morning. My emotions, how do I feel? I feel excited. I feel happy. I feel determined. On the other hand, is Earl. Earl sees his boss coming his way and he thinks, oh, no, he is going to fire me. I just know it. His emotions are fear and anxiety. Emotions, like thoughts, often go unnoticed. They are not extremely intense. However, they still have an impact on our thoughts and behaviors. Therefore, it is very important to understand our thoughts and behaviors as well as identify our feelings. When a person is in distress, which is negative stress, to continue using the example of Earl, Earl immediately thought he was going to get fired by his supervisor. That caused him distress. The interpretation that he had about the particular situation became skewed and had a negative impact. Maybe because of that interpretation he got nervous, he got anxious. He had a stomach ache. He needed to just leave the area. He began shaking. So, that is the impact that those elements have with each other. Let's have another example. So, we can continue practicing and understanding the cognitive model. Trina's daughter refused to go to bed. Trina thought, she doesn't care about what I need or how tired I am. Especially after a long day at work. Her emotions, she was angry. She was resentful. Anxious. Her behavior, she yelled at her

daughter. It is imperative to learn how to discriminate between our thoughts and our reality. It was her way of thinking that affected those two other elements. This will also help in challenging those irrational beliefs that can lead to unwanted feelings or behaviors. So, what areas of our brain are responsible for our feelings and behavior? Now, let's go ahead and look at the diagram of the brain. As you see, in the bottom left, there is the limbic system. The limbic system is composed by the hypothalamus, the amygdala, and the hippocampus. The limbic system supports emotion and memory. The amygdala regulates our perceptions of and reactions to aggression and fear. The cerebral cortex is like the brand-new part of the brain. This part of the brain is the one that differentiates us from animals. In this part of the brain, we use language. We acquire complex skills. We create tools. And live in social groups. So, now, we are going to see how these also work together hand-in-hand. Let's visualize this example which may have occurred to some of us, right? We are going to show an example of a car crash. That is our situation. There is a car crash. That is the stimulus. Immediately after the car crash, we have thoughts. And those thoughts come from the superior part of the brain which is the cerebral cortex. There are facts about the situation. I immediately think, oh, I'm safe. I'm not hurt. Okay, this is a car crash. We begin to understand, rationally, what is going on. Those thoughts trigger feelings. Oh, I'm grateful that I'm fine, that nobody is hurt. And those feelings that come from the limbic system then engage in behaviors. Which in turn impact the situation either positively or negatively. I feel grateful, I'm doing okay. Okay, what is my next step? Check on the other driver. But like I just mentioned, it could be either positive or negative. Let's see it in a negative manner, which usually that is how our automatic thoughts come about. Our brains just immediately grasp onto the negative and. That is our primitive brain, it just gravitates towards the negative. Just hold onto it. The positive slides very easily. So, let's apply this to the negative aspect. We have a car crash. Our cerebral cortex immediately goes into -- I could have died! How irresponsible is the other driver? He put me in danger because that is the way I am feeling. Because what am I feeling? I am feeling and shock. I am scared. I am angry. What can I do? What do people do? They get out of their car, they go over the two driver. They can even yell things to them. So, you see now that in any of those aspects, positive or negative, that's how quickly our brain works. Okay? So, that is why we need to be aware of our emotional state, of our thought processes. So, we can do something about it. If it's a negative reaction, we can gain self-control. We can look at the facts. We can avoid negative consequences. If it is a positive aspect then we can discipline our brain into seeing different and stressful situations in a more positive manner. Which again, it is a challenge due to our primitive brain. So, we just mentioned how the automatic thoughts can be positive or negative. Let's discuss some of the negative distortions that may appear when symptoms of anxiety, trauma, or even stress occurred. Cognitive distortions or unhelpful thinking styles or traps referred to the various ways that our thoughts can become biased. As conscious beings, we are always interpreting the world around us, trying to make sense of what is happening. But at times we only see one reality. Our reality. And we believe that every single detail of that reality is true. But really, it is only in our heads. Because we are feeling tired or stressed or angry or fearful of the situation that just occurred to us. These cognitive distortions occur automatically I know that that thought was not on purpose, that you did not think that way on purpose. They come and they even come unconsciously. So, learning these distortions -- and these are just a few examples of cognitive distortions, and the most common ones, there are other kinds of cognitive distortions, but just knowing a little bit about

them could help you in the process of this awareness. So, let me give you an example. So, let's use overgeneralization which is the process of drawing a general conclusion based on a single incident. Let's say John failed his social studies exam, we are talking about one exam. And now he thinks to himself, I'm going to fail the class. Jonathan finds it difficult to process it as only one exam. He might do better on future tests. Therefore his way of thinking is distorted and he is overgeneralizing without any evidence. Why does he think is going to fail? What evidence does he have he has only taken one exam. But because maybe he is a good student and he saw an F in his test immediately he got nervous. He got anxious. His thought pattern, his automatic thoughts, negative thoughts, just came automatically. Personalization is another cognitive track. It describes someone's tendency to relate externally to himself when there is no basis for making such a connection. Let's say Mariah is walking to her workplace and it begins to rain. She checks her bag and forgotten her umbrella and left her phone in her car. Mariah thinks, oh, the world is out to get me. She feels deflated. Mariah feels that everything wrong in the world happens to her and places herself at the center of the story P we need to tell Mariah, hey, been there done that. There have been situations that most of us could identify with. Where's my cell? I can't find my self. We have it in our ear talking to somebody. So, we tend to get ourselves because that's the impact that the situation is happening. Other examples of cognitive distortions are all or nothing thinking, mental filter, tunnel vision, mind reading, judging to conclusions, among others. Now, you may be asking, how do we stop these thoughts? How do we manage them? Because they are negative. They are affecting me in a negative sense peer can they are affecting our brain. They are affecting my sleep. They are not making me feel well. So, what can we do about it? But first, let's answer another question. Now that you know a little bit more about these three elements of behaviors, emotions, and thoughts, do you believe that your thoughts influence the way that you feel and act? Let's be honest. Do you believe that your thoughts influence the way that you feel and act? There is no wrong answer.

About five seconds left. We have lots of answers coming in. One second and I will pull up the results. [Captioners transitioning]

Yes! Everybody said yes. Good job. Of course, they have a significant influence in the way we feel and act. You also have things other people that know other people with sunshine and rainbows. That is the way they feel. That also helps them emotionally, strengthens the immune system. Makes things a little bit less tense. Thank you for also participating in this second question. We have a question about one of our first models, cognitive models. Before we go into cognitive behavioral therapy, let's talk a little bit about another model which is the ABC model by Albert Ellis. Albert Ellis was an influential psychologist who played a vital role in the cognitive therapy revolution. Helped influence the rise of cognitive behavioral approaches as a treatment approach. Best known for the ABC model. Let's see. The ABC model is that external events or the activating event does not cause the emotions, but the beliefs. Especially irrational beliefs. Another way to think about it is that our emotions and behaviors are not directly determined by life events. Rather by the way that these events are cognitively processed and evaluated in the B. How do I think or consider because of my experience related to that activating event? If we have a belief that it is rational, logical, with evidence, obviously, my consequence would be very healthy. We are going to let it go. We are going to pass quickly. If I have a belief, totally irrational,

that affects me, hurts me, boycott me, the consequence is going to be unhealthy. Going into mental health disorders. Even physical, medical conditions as well. Let's discuss. Let's apply this model to an example so that you all can understand it better. Let's imagine a counselor is working with a man who suffers from all or nothing thinking. Remember, this has been an extremely of looking at things. When he makes a mistake, he thinks to himself, I am such a failure. I am not good at anything. The consultant introduces into the ABC model and walked him through how to tackle it. What is the activating event, the person makes a mistake. What are his beliefs regarding that event? The person takes it as a criticism. Beliefs they are a failure. Thinks that they aren't as good at anything. Accepting it without judgment. They believe that that is true. The consequence. The person feels awful about their mistake and about themselves in general leading to depressive symptoms. My belief of feeling like a failure, I believe that is true and that is that way and nobody can make me change my opinion is going to affect me and lead me into a depression. If we know a little bit about depression, we are going to different cognitive issues. For example, impaired learning, memory, reduced attention, concentration problems. We are going to emotional symptoms like sadness, hopelessness. We are going to even see behavioral symptoms of irritability and restlessness. Those symptoms could even have a negative impact. In my daily activities. In my interpersonal relationships. In my occupational or academic tasks that I do daily. Now we see the great impact that my belief, which isn't my reality, is affecting me. These types of depressive symptoms can be caused or affected by the way thought the process and the belief attached to them. The example that we just discussed. Luckily, there are techniques that can be used to reduce those negative thoughts. From other models of theory. Let's go ahead and see some of the techniques of the ABC model. Just as a reminder. We had this negative impact caused by my belief that I am a failure. We can ask ourselves. What really happened? Why am I thinking this way? What is stressing me out? Maybe it was not the mistake. Maybe I didn't sleep well. The day before. Maybe I haven't been accumulating other things that are going on in my life. Maybe I am worried about my finances. Maybe I had a car crash in the morning and I am just dragging myself to work and trying to comply with everything. But then, my belief immediately, primitive brain, immediately goes to that negative self thought that I am a failure because of one mistake. This is when our knowledge on the cognitive chaps that we had discussed come about. This is when we need to implement them. We can tell ourselves and ask ourselves which distorted or irrational belief that I just have? Which trap just came about? What interpretations am I making? Definitely, those are all negative interpretations. I am attacking myself for one mistake. What are the consequences? Be aware of what I am feeling. I continue to feel frustrated. I don't like mistakes. I am a perfectionist. I like to make things well. I am not good with being frustrated, but what can I do better? How am I behaving because of my beliefs? My just going to say okay, I am done, I am leaving, going home, going under the covers. Forget about this. A lot of self talk, a lot of understanding how you deal with the stressors. This is when it comes about. It is another component of the ABC model. The D stands for disputing the lease. It is the countertop. It is not an unreasonable part of the ABC model but it helps us to dispute the belief and turn it into a rational one. For example, you may want to challenge the negative thoughts by asking yourself, what evidence do I have that this thought is true? What evidence do I have that I am a failure? When I got this decision. Maybe I even have a creature pay salary. Yes. I have more tasks. More responsibilities. Look at me now. I begin to attack that negative belief. I begin to minimize that stress and understand my reality.

My particular situation. We gain control. We then gain control over thoughts, over feelings and our behaviors. It doesn't take practice and discipline until we get to the flow of things. We already discussed one model that explains thoughts, feelings, behaviors. How they are connected. Let's go ahead and look at another approach. We are going to be discussing the cognitive behavior therapy of Aaron Beck. The cognitive model describes how people's thoughts and perceptions influence the way they feel and behave. The ABC model was the belief. Now, how situations affect and contribute to automatic thoughts that could be positive or negative which would provoke a reaction. That reaction could be either emotional, behavioral, physiological, or all of the above. Again, when we are trying to better understand ourselves, we need to create consciousness of what is triggering. What is affecting me? What type of situations are causing the anxiety? Causing me stress. Let me take a pause in my life, sit down with myself, just ask myself. What is going on? Why are you sad? Why are you feeling irritable today? Is it hot here in Puerto Rico? You are tired, you are angry. Is it because of stress related at work? Is it because of the ups and downs of the pandemic? Could be one, two, three factors. Even more. The important thing is that we identify them because that is our responsibility. Be aware of our own emotions and how we behave towards others. We then go ahead and identify our automatic thoughts. What was I thinking? Was I anticipating or expecting anything? I guess at times, we create a story in our head and we believe people or situations are going to be a certain way. Once that does not happen, obviously, we get hurt. We are in shock or denial. Even bothered that things didn't go our way. We like pleasure. We like things to go perfectly. If I understand it in an irrational sense, I could be aware of how it is impacting me. What did I predict what happened? What did I have in my mind? What is the worst thing that could have happened? If I understand what is my best, my worst, most probable scenario, I can prepare myself for different situations. Identify your beliefs. What is so bad of you experience in Haiti? Is it because then you cannot wake up the next day? Irritable, has a low tolerance. Being anywhere. Because of my anxiety. How does anxiety interfere with my life? Know your symptoms. Know your reactions. She worked with us. Talk to us. We can, to gather, help ourselves into feeling it with a more effective manner and reduce these types of responses. We don't want for you all to feel this way. We want for you as employees to be productive. Go to your jobs and be your best. Some responses could be emotional. Causing us anxiety. Low motivation. Stress. Sadness. Anger. Others could be behavioral. Worrying excessively, replaying the events over and over in our minds. Isolating ourselves. Yelling at other people. Throwing objects. Physiologically, heart racing. If we have a condition of high blood pressure, maybe it goes up and down. We have to be very careful about that. Muscle tension. Spasms. Many of us suffer from shaking, trembling. At times, we don't even know why or how. It is the body reacting to our stress. Hyperventilating. With hyperventilation, that is one of the symptoms of panic attacks. We feel we are dying or having a heart attack. Sweating profusely. After exploring the situation, your belief and automatic thoughts as well as emotional, behavioral, physiological responses, we can then identify tools that can help reduce the anxiety that provokes these negative thoughts. Let's see other types of tools that we could also use. To decrease these responses. The first one being mindfulness. Maybe you have heard about mindfulness before. As a review, it is the idea to take time and notice in our thoughts and feelings as we experience them. This could be very difficult, too. When we can do this practice, it brings us to the present. By being aware of negative thoughts, we may be more accepting of them which could be a first step in examining them and

changing them. That is what we want. We need to accept that those thoughts even though they are awful at times. But accepting it brings us to the present and we can better manage them. Remember, we don't have to believe every single thought that comes into my mind. Because those thoughts come from a place of fear. Of anxiety. Of depression. Of darkness. Of hurt. We don't have to believe them. Let's try another tool called thought stopping. This tool helps us be aware of our negative thoughts and stops them so that they don't have the power to affect our feelings and behaviors. Have you ever had that particular thought that is bothering you? Going around in your head. It is making you feel stressed out and under pressure. Thoughts can get out of our control. These techniques that we are going to now do a simple exercise, use your breath and positive imagery to interrupt a troublesome chain of persistent, nagging thoughts. Let's walk through this quick exercise. Please recall a recent stressful events that stayed on your mind or that you are still thinking about. Let's say you had a bad meeting with a supervisor. It caused you a lot of stress. Now, I have that negative thought in my mind. I am going to say to myself, stop. I can say it verbally or I could stay to myself. I am going to next imagine a giant red stop sign in front of me. Stop. We are going to inhale and exhale. Seeing the word, calm. Telling your brain, sending the message to your brain, calm. Relaxed. We will also try and incorporate a pleasant scene in our mind. This could be that you imagine yourself on a sailboat or sitting on top of the mountain. It could even be you thinking of something hilarious that just happened to you. We think about the stressful event, we tell ourselves, stop. We inhale, exhale, calm. Relax. Think about something pleasurable. Thank you for participating in that exercise. It is good to be helpful hearing your own voice telling you to stop. It helps you strengthen your will to get the unwanted negative thoughts out of your mind. Now that you have replaced your unwanted stressful thoughts with the feeling of calmness and a pleasant thought, let's enter another poll question. Were you able to replace the negative thoughts and send a signal of calmness to your mind? To your body.

Get your answers in. It is just a simple exercise that we can do in our own time and practice.

Great. I am so happy that the majority said yes. If it brought you calmness into your life and if it was suitable for you to replace that negative thought put it into your daily practice. If that thought continues wandering in your mind, again, we accept it. We accept that it makes us feel uncomfortable. Let's try to replace it with something pleasurable. Let's try another exercise to see if this also can help you out. Controlled breathing. Many stress management techniques incorporate slow and controlled breathing to help achieving relaxation. Breathing is an unconscious process. We don't need to pay him any attention to it. Breathing is tied to and affected by stress and emotions. Sometimes when people become stressed, the respiration could become very rapid or some people find that they hold their breath. At times, the even tell you were not breathing, obviously you need to breathe to live but you were not breathing. I invite you all to walk with me through a breathing exercise. I invite you to put everything down and follow my suggestions while we take about 1 to 2 minutes to consciously breathe. Sit straight in a chair. Feet flat on the floor. Hands in your lap. You can close your eyes if you wish. Set an intention. Relax your muscles and tune into your breathing. Inhale through your nose. Feel your stomach expand. Count one, two, three, four. Exhale slowly through your nose. Three, four. Inhale, one. Two. Three. Four. Exhale, one, two, three, four. You are welcome to repeat this

process. Please focus your attention on your breathing. It is inevitable that your mind will wander two different places, other responsibilities and the roles that you all play. Bring it back to that steady inhale. One, two, three, four and exhale. One, two, three, four. Inhale. One, two, three, four. Exhale, one, two, three, four. When you are ready, slowly bring yourself back. Open your eyes. Look around. Hopefully, one or both of these exercises were helpful. Remember that this is not an instantaneous process. Practicing this type of breathing can help you build up a resilience for those stressful moments. I invite you to continue this practice which only takes a few minutes. Remember the way it makes you feel afterwards. Let's see how did this exercise help you? What did you notice about the way that you felt during this breathing exercise? Did you feel content? Hurtful. Tom. Aware. And different.

We have about 20 seconds left. Multiple answers that you all could apply. About five seconds left. There we go.

Relax, calm, mindful, aware. Only took 1 to 2 minutes and we can do it in our offices. Looking at a watch. Just reading and creating that awareness. In summary, thought processes influence our feelings and behaviors. Cultivate that self-awareness and use those techniques to manage negative thoughts and distortions. More so if they are causing you that calmness and awareness. Implement knowledge and self-awareness so that we can continue promoting emotional well-being. Like Jessica said at the beginning, she will be sending you the packet with the materials. Some of the materials are the resources. These are a few examples of resources used to make the presentation. I invite you all to see this had talk. It is super cute. It is a student and she is explaining negative automatic thoughts as a toxic friend and how they don't want that toxic friend in their life. Podcast conductor, David Burns, David Osborne am also very friendly. They provide lots of resources. Not medication. They don't leave you into medication. Different techniques like we just discussed in this presentation. Take it away, Jessica.

Thank you so much, Vanessa. Before we get your questions, just going to let everyone know that if you would like more information on this or other moments, please give us a call or visit us online. The EAP is confidential and available 24 seven to help you with work-related issues. The recording and transcript, copy of slides, attendance, resources, will be emailed out to you within 24 hours following today's session. It will also be available in about two weeks. Before we get to our questions, I am going to mention the exit survey. Let us know how we did today. We reviewed the comments after each webinar. We truly appreciate you filling out the survey. We do have a couple of minutes for some questions. The first one is, do you have any other ideas to distract or minimize negative thoughts?

Yes. I think one of the things that occurred to me is journaling. In journaling, we don't have anyone attachment. I am not talking to anyone. I could bring down my thoughts. It doesn't have to be perfect or grammatically correct. I just need to slow all of the thoughts that had my mind because of the different situations that I may be going through at that moment. I can do a thought log. Divide into various columns. Let's say the event that caused me XY emotion. What did I think after that event? How did I feel? How can I make it better? How could I change that thought? If you implement those areas, you are going to release a motion. Release the stress

causing the particular event. You are going to also identify, as we did in the different examples that we discussed in the presentation, improve your thoughts. If you improve that area, you are going to see immediate results in your emotional well-being.

Great, thank you. Next question says, can you offer another example of how you would go about challenging cognitive distortions?

Let's say, for example, at work. An example related to work. I think to myself, I got a low score in my midsemester evaluation. Midsemester performance. Immediately after that event, I feel hopeless. I am a bad employee. What do we do to implement to stop thinking? What does that performance really mean? What are my strengths? What are my limitations? How can I be more open to both positive and negative feedback? I bring myself to reality. I put my feet on the floor very firm and understand the different factors, both positive and negative, that caused me to go into that negative state of mind.

Are right. Next question. Could you please review the ABC technique?

Okay. The letter a. Let's remember. The activating event. I made a mistake. I did unwell on the evaluation performance. B, my beliefs. I am not a good employee. They are going to fire me. C, the consequences. Thank you. The consequences that could be either healthy or unhealthy depending on the way that I thought or that I believe regarding that particular event. The most crucial and relevant part of this model is my belief. Remember, it is my belief because it is a way that I am seeing things. If I am stressed out and depressed, I may be seeing things in a negative manner. Be aware of that so that we can dispute that belief and bring us to enter ways and improve ways to go into that positive thinking instead of that negative thinking.

Great, thank you so much. We are about at the top of the hour. We will go ahead and conclude our webinar for today. If we did not get to your questions, there were several really great ones coming in, please call the EAP to speak with one of our consultants for your specific situation. I would like to thank Vanessa once again, today, for presenting. I want to thank all of you for taking the time to be here with us today. Have a wonderful rest of your day.

Thank you. [Event concluded]