

DOWNLOAD PDF BECOME AWARE OF YOUR MOODS AND DONT ALLOW YOURSELF TO BE FOOLED BY THE LOW ONES

Chapter 1 : 9 Ways to Naturally Prevent Depression Â»

(31) Become Aware of Your Moods and Don't Allow Yourself to Be Fooled by the Low Ones Your own moods can be extremely deceptive. They can, and probably do, trick you into believing that your life is far worse than it actually is.

The way we feel is intricately tied to both our actions and our bodies. By improving factors such as sleep, exercise, and diet, you can improve your mood and help to prevent depression. Please note that a doctor or professional psychologist is the best person to advise you about your health, particularly if you are suffering from serious depression. These tips, however, should help most everyone to boost their mood and find some extra happiness.

Sleep Well Every Night Sleep affects everything we do. It not only gives us energy for the day, but is tied to the chemicals in our body. Multiple studies have shown that disturbed sleep or reduced sleep results in impaired function and mood. In the short term, a lack of sleep can create stress, irritability, and short-temperedness. Difficulty sleeping has also been linked to long-term psychiatric and psychological problems. This means that getting a solid hours of sleep every night is extremely important to your mental health and emotional well-being. You can sleep better when you go to sleep and wake up at the same time every day, and this will help your body to produce more regular amounts of melatonin and serotonin, two important mood regulators. For more tips to help you find more restful sleep, check out our article on getting peaceful sleep no matter how stressed you are.

Surround Yourself with Positive Outlets throughout the Day Surrounding yourself with positivity will go a long way towards improving your mood. When we spend a lot of time focusing on our worries and stress, our mood is bound to go down. There are many ways to do this. Spend time with people who make you smile and who help you to look on the bright side of life. Visit your favorite places, or include pictures of them around your working and living space. Give yourself some time to enjoy your favorite habits. You can even surround your social media activity with positivity. You can follow profiles and pages that regularly post positive information, such as the Power of Positivity page.

Stay Active and Exercise Exercise is strongly linked to mood. Exercise will also help to give you energy and stay focused.

Follow Your Passions One of the best things you can do to make yourself happy is to follow your passions. Doing something that you care about will be extremely rewarding and will help you to feel happier and more fulfilled. Engaging in a passion will fill your life with time spent doing something you enjoy and feel positive about doing. Look for classes in art, dancing, cooking, playing an instrument, martial arts, or anything else that sparks your interest. Learning something new is also a great way to create excitement and boost your mood. Recent studies have begun to link vitamin D deficiency with depression. Getting outside for at least 15 minutes every day will deliver some important vitamin D to your body. Spending time outside will also help you to feel more energetic and refocused. If you live in an area without a lot of sunshine or have a difficult working schedule, you can try taking a supplement to get some extra vitamin D.

Help Others A number of surveys have shown that helping others results in feeling happier and more positive. This is the most effective when getting personally involved, rather than simply giving money. You may also be able to do something to help your friends or family. Simply lending a hand or giving a compliment can make both you and the others around you feel happier.

Eat Enough of the Right Fats Omega-3 fatty acids have long been known to be important for heart health, but they may also be important for emotional health and mood disorders. A number of recent studies have suggested that omega-3s may help to treat a number of disorders, including depression, postpartum depression, schizophrenia, and bipolar disorder. This is because omega-3s are important to the central nervous system and help to transmit signals to the brain, and they may function as antidepressants. Omega-3 fatty acids can be found naturally in salmon, sardines, herring, mackerel, anchovies, flax, and hazelnuts. You can also take in omega-3s through supplements such as fish oil, krill oils, and flaxseed also known as linseed oil.

Smile More Often Sometimes showing outward signs of happiness will help you to feel genuinely happier. Expressions are linked to actual mood, and research has shown that smiling frequently can result in a lower heart rate and less stress.

Replace Negative Thoughts Often, negative thoughts creep into our

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minds before we can stop them. Negative emotions such as anger and sadness are natural and often automatic. However, becoming aware of them and working to replace them with positive thoughts can greatly enhance your mood. Sometimes you need to let yourself feel a negative emotion; allow yourself to become aware of it and process it. That way, you can work towards resolving its cause and feel happier in the long-term. For small annoyances and unfounded negative thoughts, you can replace negative feelings with positive ones. If you notice something negative about yourself, someone else, or about a situation, take a second to focus on something positive instead. This can make you feel happier every day.

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Chapter 2 : How to Control Mood Swings (with Pictures) - wikiHow

Don't sweat the small stuff-- and it's all small stuff: simple ways to keep the little things from taking over your life Item Preview.

This means that you must constantly ask yourself the most courageous questions and find the answers with great perseverance. They do not think about tomorrow, they do not understand the reasons of their actions guided by emotions and instincts, mechanically and thoughtlessly. They are not used to think, to take independent decisions, and the majority of their actions are dictated by momentary impulses, instead the sober assessment of the situation. As a result, they do not achieve harmony with themselves, because they do not understand themselves, they do not achieve harmony with other people, because they do not seek to understand other people and they do not achieve harmony with life, because they do not think about what is happening around. Living in Illusion Many people live in an eternal illusion. They spend money in the belief that owning expensive things will bring them happiness. They spend all day long at work and drown a weekend in alcohol, believing this to be the whole meaning of existence. They quarrel over a mere trifle, are angry with each other and suffer. Awareness is like a flashlight, which pierces the veil of illusion and illuminates what is hidden behind it. In this light absence, the existence plunges into the darkness of blind desires, instincts and deception. Awareness is sobriety and clarity as opposed to intoxication by emotions and fears. Awareness is the desire to acquire knowledge about yourself and the world around. Without this knowledge no personal development is possible. This quality does not come from above since birth, as well as many other human skills. Further we will discuss the issue of how to develop awareness. An Ability of Being an Observer Have you ever thought about why the great writers, like Leo Tolstoy and Dostoevsky, have managed to describe in detail the inner world of a man, revealing human characters so precisely that fictional characters become real? In my opinion, people like Leo Tolstoy had some phenomenal awareness. They have developed a habit of constantly watching themselves and other people, noticing everything that occurred round them, analyzing, reflecting, drawing conclusions, and keeping all this in memory. None of us is able to be inside the other person, therefore, the fact that an adult man had managed accurately to describe the inner world of a young girl, is so amazing! Like the astronomer who studies the distant stars using the knowledge of physical processes on the earth, the writer compares the observation data over people with the knowledge gained from the observation over his own inner world. Such observation gave birth to the complex fictional nature of characters based on real ones and to the novel situation, in which these characters existed. This example demonstrates the basic principle of awareness development. There is no need to be a genius to understand the nature and desires of the other person and to understand yourself. To achieve the purpose, you need to become an observer. Tips to Improve Awareness Be Aware of Your Inner World To develop awareness you need to develop a habit of constantly watching what is going on inside you and realize it. What do I want to prove? For example, you might want to blame other people or external circumstances not to feel yourself guilty. Therefore, take your time and try to be the most honest with yourself. The majority of people never ask themselves these questions. And if they do ask, they cannot answer them honestly. There is no need to be together with this majority. Be Aware of Your Emotions Constantly realize your emotional state. Your task is to take the position of a detached observer, as if you look at the other person. What does this person feel? Anger, shyness , fearâ€¦ Your task is to notice any changes in your mood constantly: First, simply observe your feelings and try to maintain a certain distance between your true self and your feelings. Then, try to analyze your emotions. Why did they occur? How often do they occur? Where do they lead? Do they make sense? As an example, consider a common situation. You had a bad day, you are annoyed. You start to quarrel. What do you feel? You are annoyed and you know that in such a situation any trifle can drive you mad. When you calm down, you will find out that the reason of the quarrel was ridiculous, despite the fact that at the moment the whole situation seems a conflict one for you. This occurs many times, and you can perfectly

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imagine the mechanism of event development. If you do not stop, the conflict will start and your claims will cause a reaction in your husband or wife. Mutual accusations will bring the situation to the extreme, which can lead to disaster. There is no point in quarreling. It will not lead to the problem resolution; it will create a new one instead. In short, you do not need it. Awareness gives you the right to choose, or to go on about your emotions and to provoke trouble, or not to allow a conflict to be developed. This is an example of how to keep track of your emotions. Many people believe that their emotions are a part of their true self. Therefore, they cannot resist their feelings and keep them under control. If they are angry, they begin to cry, even if they know that it will lead to disaster. Then, calming down and watching the effects of the disaster they think: Due to this behavior, they become like a cat that jumps out of the window to catch a bird, even if the window is on the 12th floor. But man, as opposed to an animal, is conscious and has the freedom to do what the mind tells him, instead of instincts or emotions. Emotions are not your true self. We can be aware of them and manage them. The statement may seem vague to someone, but this understanding comes with practice of awareness development. It sounds difficult and it is really difficult, but it is susceptible to practice and training. If you build a habit of constantly watching yourself, then you will no longer identify yourself with your emotions. You will deduce awareness beyond the emotional world and you will be able to observe yourself as if from the outside. You will find out that many negative emotions, fears ruin your life. They do not make any sense. Envy and anger pursue no other purpose, except indulgence to your ego. They control you and deprive you of free choice to act reasonably. **Be Aware of Your Body** Pay attention to your physical feeling. How does do you feel the next day after drinking alcohol? How do you feel after exercising? Are you less tired if you do breaks during the work, in comparison with those days when you have no rest at all? What do you feel in the evening, if you drink a lot of coffee during the day? On what days you sleep better? On what days you have more energy? Notice all this and remember. Learn to listen to your body and give it what it needs. How will I pay? What if I lose my job? Will I be able to pay for the car service? Why do I need an expensive car now? Are my current relations at an impasse? Have I done everything I can in order to bring the relations out of the impasse? What will happen to my children? **Be Aware of Other People** Watch for other people. Look how they live, what they feel. Try to understand the reasons for their actions and especially their attitude towards you. Stop labeling other people. Evaluate each person as an individual and independent personality, with all the depth of character peculiar to this personality. Listen to the People Listen to people and pay attention to what they say. You are not the only one who has valuable ideas. You can hear a lot of things from other people, including things about yourself. You will understand that you are not the only person that have some problems and that your troubles are not the worst ones. Each, even the most mean, unethical man, acts up to his feelings, his thoughts, his experiences and his ideas of good and bad. All the irritation occurs because of misunderstanding. Sometimes we get angry because a friend of ours deceived us; because we do not understand such action as we believe that we would never act the same way.

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Chapter 3 : How To Stop Being A Slave To Your Emotions

Don't sweat the small stuff and it's all small stuff Below is the contents list from the book "Don't sweat the small stuff and it's all small stuff" by Richard Carlson. The list may not make a great deal of sense on their own and is not a "summary" of the book - you will need to read the book yourself.

Arnold Schwarzenegger On Life I stumbled across this gem recently Say what you want about Arnold and his personal life, but do yourself a favor and read about his life story and what he as accomplished as an individual and for others, and you will have to fold in respect for him Check this out for a small taste of who Arnold really is Self Help Rules To Live By I just stumbled across, this gem, and I know all of you will love it dearly This is a culmination of notes I took on a number of self help books that summarize the bare essentials of each their teachings and best bring things back to what really matters in terms of clear and concise content in each book. I hope you will refer back to it and enjoy it as much as I have and will continue to do in the future

â€”- Self help rules to live by Add in every major self help rule from all of the books your have read have mom bring in books from Detroit and then compile a master list Print this list and put it all over your home Types of Rules To Live By 50 Self Help Classics As A Man Thinkith: Only by changing your thoughts will you change your life NLP: The book for you if you feel as though your life has taken a wrong turn. Seek peace inside yourself, do the work that is yours, and wonder at the mysteries of the universe The Bible: Love, faith, hope, the glory of god, the perfectibility of man. Through old stories we can resurrect the ancient and deep power of the masculine Consolation of Philosophy: Appreciate the rich experience of life, despite circumstances. Low expectations make for pleasant surprises Transitions: All life transitions have a pattern, which if acknowledgeable will make tough times more comprehensible Feeling Good: The New Mood Therapy: Feelings are not facts. Always question whether your emotions accurately reflect reality The Power of Myth: Put your little struggles into perspective; by doing this you can gain more enjoyment of other people and life generally How to Win Friends and Influence People: Really try and see the world as another sees it. The appreciation he or she feels mean that whatever you have to say will be truly heard The Seven Spiritual Laws of Success: There is an easier way to get what you want from life; involving attunement with nature and the universe The Alchemist: We too easily give up on our dreams, yet the universe is always ready to help us fulfill them The 7 habits of highly Effective People: Real effectiveness comes from clarity about your principles, values, and vision. Change is only real if it has become habitual Flow: Rather than being idle, doing what you love is a pathway to greater meaning, happiness, and a self of higher complexity The Art of Happiness: Achieving happiness does not have to depend on events. Through mental practice we can form the ability to be happy most of the time. Refine and improve the quality of your thoughts and you will have little to fear from the world. When you are aligned with your higher self and your life purpose, miraculous things happen. Whatever the pressures, be your own person. Women Who Run with the Wolves: Reconnecting with your wild nature is not a mad indulgence but vital to mental and physical health. The meaning of life is the meaning that you decide to give it. Constant self improvement and a love of learning form your ticket to unusual success. Life tends to live up to the thoughts and images you have about it, good or bad. Why not imagine your future the way you want it? Before we can treat each other as individuals, we must take into account the behavior differences of the sexes. You Can Heal Your Life: You will only begin to change your life when you learn how to love yourself properly. Feel the Fear and Do it Anyway: By regaining control of your thinking you can experience life anew. Full mental health is not the absence of neurosis but the fulfillment of our potential. Get realistic about yourself and smart about the world. No one can do this for you. Care of the Soul: Fill your emptiness by living soulfully. Let your individuality out by accepting your idiosyncrasies and dark side. The Power of Your Subconscious Mind: By understanding how the subconscious mind works, you can learn how dreams become reality. The Power of Positive Thinking: You can achieve anything if you have faith. The Road Less Traveled: Once you accept responsibility, you can make better

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choices. Forge your own destiny, create something of value, enable a higher form of humankind by daring to think. Awaken The Giant Within: This is your starter kit. The Game of Life and How to play it: If life is thought of as a game, we are motivated to learn and apply the rules for our own happiness. Cultivation of an optimistic mindset significantly increases your chances of health, wealth, and happiness. History is full of people who achieved amazing things by sheer will and persistence. The Phenomenon of Man: By appreciating and expressing your uniqueness, you literally enable the evolution of the world. Make sure that you have time in your life just to think. A Return to Love: Miracles start to happen when we resolve to depend fully on God and decide to love ourselves.

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Chapter 4 : How to Be Emotionless (with Pictures) - wikiHow

Don't Sweat the Small Stuff Become More Patient. Become Aware of Your Moods and Don't Allow Yourself to be Fooled by the Low Ones.

Introduction[edit] This microessay on Ramachandran, rather than the whole of the field relies largely or entirely on a single source. Relevant discussion may be found on the talk page. Please help improve this article by introducing citations to additional sources. July There are questions regarding what part of the brain allows us to be self-aware and how we are biologically programmed to be self-aware. Ramachandran has speculated that mirror neurons may provide the neurological basis of human self-awareness. This could be the neural basis of introspection, and of the reciprocity of self awareness and other awareness. There is obviously a chicken-or-egg question here as to which evolved first, but The main point is that the two co-evolved, mutually enriching each other to create the mature representation of self that characterizes modern humans. Animal consciousness and Mirror test Studies have been done mainly on primates to test if self-awareness is present. Apes , monkeys , elephants , and dolphins have been studied most frequently. The most relevant studies to this day that represent self-awareness in animals have been done on chimpanzees , dolphins, and magpies. Self-awareness in animals is tested through mirror self recognition. Animals that show mirror self recognition go through four stages 1 social response, 2 physical mirror inspection, 3 repetitive mirror testing behavior, and 4 the mark test; which involves the animals spontaneously touching a mark on their body which would have been difficult to see without the mirror. David DeGrazia states that there are three types of self-awareness in animals; the first being, bodily self-awareness. This sense of awareness allows animals to understand that they are different from the rest of the environment; it is also the reason why animals do not eat themselves. Bodily-awareness also includes proprioception and sensation. The second type of self-awareness in animals is, social self-awareness. This type of awareness is seen in highly social animals and is the awareness that they have a role within themselves in order to survive. This type of awareness allows animals to interact with each other. The final type of self-awareness is introspective awareness. This awareness is responsible for animals to understand feelings, desires, and beliefs. The spot is placed on the forehead so that it can only be seen through a mirror. Once the individual awakens, independent movements toward the spot after seeing their reflection in a mirror are observed. During the Red Spot Technique, after looking in the mirror, chimpanzees used their fingers to touch the red dot that was on their forehead and, after touching the red dot they would even smell their fingertips. Another prime example are elephants. Three elephants were exposed to large mirrors where experimenters studied the reaction when the elephants saw their reflection. These elephants were given the "litmus mark test" in order to see whether they were aware of what they were looking at. This visible mark was applied on the elephants and the researchers reported a large progress with self-awareness. The elephants shared this success rate with other animals such as monkeys and dolphins. Diana Reiss , a psycho-biologist at the New York Aquarium discovered that bottlenose dolphins can recognize themselves in mirrors. When placed in front of a mirror, the birds with the red and yellow spots began scratching at their necks, signaling the understanding of something different being on their bodies. During one trial with a mirror and a mark, three out of the five magpies showed a minimum of one example of self-directed behavior. The magpies explored the mirror by moving toward it and looking behind it. One of the magpies, Harvey, during several trials would pick up objects, pose, do some wing-flapping, all in front of the mirror with the objects in his beak. This represents a sense of self-awareness; knowing what is going on within himself and in the present. The authors suggest that self-recognition in birds and mammals may be a case of convergent evolution, where similar evolutionary pressures result in similar behaviors or traits, although they arrive at them via different routes. It is assumed in this study [11] that the black mark may have been slightly visible on the black feathers. Prior and Colleagues, [11] stated "This is an indirect support for the interpretation that the behavior towards the mark region was elicited by seeing the own body in the mirror in

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conjunction with an unusual spot on the body. In the no-mirror trials, a non-reflective gray plate of the same size and in the same position as the mirror was swapped in. There were not any mark directed self-behaviors when the mark was present, in color, or in black. In summary of the mark test, [11] the results show that magpies understand that a mirror image represents their own body; magpies show to have self-awareness. Among ants, 23 of 24 adult ants, from three species, scratched at small blue dots painted on their fronts when they were able to see the dot in a mirror. None of the ants scratched their fronts when they had no mirror to see the dot. None tried to scratch the blue dot on the mirror. When they had a mirror and a brown dot similar to their own color, only one of thirty ants scratched the brown dot; researchers said she was darker than average so the dot was visible. They also reacted to the mirror itself. Even without dots, 30 out of 30 ants touched the mirror with legs, antennae and mouths, while 0 of 30 ants touched a clear glass divider, with ants on the other side. Attempts to verify this idea have been made before, but most of them were only observational, lacked empirical evidences or had been carried out only with a single individual and not repeated systematically with other dogs of different sex and age for example the ethologist Marc Bekoff in used a "yellow snow test [18]" to measure how long his dog was sniffing his scent of urine and those of the other dogs in the area. Therefore, the final test of self-recognition in a species phylogenetically distant from apes thus with different sensory modalities and communication behaviour as the dog, was not obtained. The innovative approach to test the self-awareness with a smell test "highlights the need to shift the paradigm of the anthropocentric idea of consciousness to a species-specific perspective [19]" said Roberto Cazzolla Gatti: If self-awareness led to a necessity of an emotional empathy mechanism for altruism and egoism being default in its absence, that would have precluded evolution from a state without self-awareness to a self-aware state in all social animals. The ability of the theory of evolution to explain self-awareness can be rescued by abandoning the hypothesis of self-awareness being a basis for cruelty. This elicits a state of objective self-awareness. We become self-conscious as objective evaluators of ourselves. However, some people may seek to increase their self-awareness through these outlets. People are more likely to align their behavior with their standards when made self-aware. Various environmental cues and situations induce awareness of the self, such as mirrors, an audience, or being videotaped or recorded. These cues also increase accuracy of personal memory. Someone with a strong self-efficacy, for example, views challenges as mere tasks that must be overcome, and are not easily discouraged by setbacks. They are aware of their flaws and abilities and choose to utilize these qualities to the best of their ability. Someone with a weak sense of self-efficacy evades challenges and quickly feels discouraged by setbacks. They may not be aware of these negative reactions, and therefore do not always change their attitude. In developing self-awareness through self-exploration and social experiences one can broaden his social world and become more familiar with the self. At this level the individual has a degree of zero self-awareness. This person is unaware of any mirror reflection or the mirror itself. They perceive the mirror as an extension of their environment. Level 0 can also be displayed when an adult frightens himself in a mirror mistaking his own reflection as another person just for a second. The individual realizes the mirror is able to reflect things. They see that what is in the mirror is different from what is surrounding them. At this level they can differentiate between their own movement in the mirror and the movement of the surrounding environment. At this point an individual can link the movements on the mirror to what is perceived within their own body. This is the first hint of self-exploration on a projected surface where what is visualized on the mirror is special to the self. This stage is characterized by the new ability to identify self: Once an individual reaches this level they can identify the self beyond the present mirror imagery. They are able to identify the self in previous pictures looking different or younger. A "permanent self" is now experienced. Self-consciousness or "meta" self-awareness. They begin to understand they can be in the mind of others. For instance, how they are seen from a public standpoint. It is throughout the first year that they gradually begin to acknowledge that their body is actually separate from that of their mother, and that they are an "active, causal agent in space". By the end of the first year, they additionally realize that their movement, as well, is separate from movement of the mother. That is a huge advance, yet they are still quite limited and cannot yet know

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what they look like, "in the sense that the infant cannot recognize its own face". They begin to acknowledge the fact that the image in front of them, who happens to be them, moves; indicating that they appreciate and can consider the relationship between cause and effect that is happening. Prior to 15 months of age, the infant will not react to this, but after 15 months of age, they will either touch their nose, wondering what it is they have on their face, or point to it. By two years old, they also usually acquire gender category and age categories, saying things such as "I am a girl, not a boy" and "I am a baby or child, not a grownup". Evidently, it is not at the level of an adult or an adolescent, but as an infant moves to middle childhood and onwards to adolescence, they develop a higher level of self-awareness and self-description. At this stage, a child begins to develop interests along with likes and dislikes. For example, the infant will talk about the Los Angeles Lakers basketball team, and the New York Rangers hockey team, instead of the infant just stating that he likes sports. Furthermore, they will start to express certain preferences e. At this age, the infant is in the stage Piaget names the pre operational stage of development. The infant is very inaccurate at judging themselves because they do not have much to go about. For example, an infant at this stage will not associate that they are strong with their ability to cross the jungle gym at their school, nor will they associate the fact that they can solve a math problem with their ability to count. Most children are aware of emotions such as shame , guilt , pride and embarrassment by the age of two, but do not fully understand how those emotions affect their life. A study entitled "The Construction of the Self" found that many adolescents display happiness and self-confidence around friends, but hopelessness and anger around parents due to the fear of being a disappointment. Teenagers were also shown to feel intelligent and creative around teachers, and shy, uncomfortable and nervous around people they were not familiar with.

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Chapter 5 : How to Increase Awareness and Your Consciousness Level

Get this from a library! Don't sweat the small stuff-- and it's all small stuff: simple ways to keep the little things from taking over your life. [Richard Carlson] -- From the co-author of the bestselling Handbook of the Soul comes a collection of short essays on attaining peace of mind by learning to let go of small aggravations.

Relationship management Building emotional intelligence key skill 1: Self-management In order for you to engage your EQ, you must be able use your emotions to make constructive decisions about your behavior. When you become overly stressed, you can lose control of your emotions and the ability to act thoughtfully and appropriately. Think about a time when you have been overwhelmed by stress. Was it easy to think clearly or make a rational decision? Emotions are important pieces of information that tell you about yourself and others, but in the face of stress that takes us out of our comfort zone, we can become overwhelmed and lose control of ourselves. With the ability to manage stress and stay emotionally present, you can learn to receive upsetting information without letting it override your thoughts and self-control. Self-Help Techniques Key skill 2: Self-awareness Managing stress is just the first step to building emotional intelligence. The science of attachment indicates that your current emotional experience is likely a reflection of your early life experience. Your ability to manage core feelings such as anger, sadness, fear, and joy often depends on the quality and consistency of your early life emotional experiences. But being able to connect to your emotionsâ€”having a moment-to-moment connection with your changing emotional experienceâ€”is the key to understanding how emotion influences your thoughts and actions. Do you pay attention to your emotions? Do they factor into your decision making? You can do this through the practice of mindfulness. Mindfulness is the practice of purposely focusing your attention on the present momentâ€”and without judgment. The cultivation of mindfulness has roots in Buddhism, but most religions include some type of similar prayer or meditation technique. Mindfulness helps shift your preoccupation with thought toward an appreciation of the moment, physical and emotional sensations, and brings a larger perspective on life. Mindfulness calms and focuses you, making you more self-aware in the process. Social awareness Social awareness enables you to recognize and interpret the mainly nonverbal cues others are constantly using to communicate with you. Improving Your Nonverbal Skills and Reading Body Language Mindfulness is an ally of emotional and social awareness To build social awareness, you need to recognize the importance of mindfulness in the social process. Social awareness requires you to be present in the moment. You are actually more likely to further your social goals by setting other thoughts aside and focusing on the interaction itself. Relationship management Working well with others is a process that begins with emotional awareness and your ability to recognize and understand what other people are experiencing. Become aware of how effectively you use nonverbal communication. Recognizing the nonverbal messages that you send to others can play a huge part improving your relationships. Use humor and play to relieve stress. Humor, laughter and play are natural antidotes stress. They lessen your burdens and help you keep things in perspective. Laughter brings your nervous system into balance, reducing stress, calming you down, sharpening your mind and making you more empathic. Learn to see conflict as an opportunity to grow closer to others. Conflict and disagreements are inevitable in human relationships. Resolving conflict in healthy, constructive ways can strengthen trust between people.

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Chapter 6 : Self-awareness - Wikipedia

When you allow yourself to sit with an emotion and become fully aware of it, you can understand what is causing it. Observe the Ripple Effect from Your Emotions spend some time reflecting upon your behavior.

What does it mean to be mentally healthy? Mental health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental health refers to the presence of positive characteristics. People who are mentally healthy have: A sense of contentment A zest for living and the ability to laugh and have fun. The ability to deal with stress and bounce back from adversity. A sense of meaning and purpose, in both their activities and their relationships. The flexibility to learn new things and adapt to change. A balance between work and play, rest and activity, etc. The ability to build and maintain fulfilling relationships. Self-confidence and high self-esteem. These positive characteristics of mental and emotional health allow you to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. But just as physically healthy people are better able to bounce back from illness or injury, people with strong mental health are better able to bounce back from adversity, trauma, and stress. People who are emotionally and mentally resilient have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and productive in bad times as well as good. Their resilience also makes them less afraid of new things or an uncertain future. Anyone can suffer from mental or emotional health problems—and over a lifetime most of us will. This year alone, about one in five of us will suffer from a diagnosable mental disorder. Yet, despite how common mental health problems are, many of us make no effort to improve our situation. We ignore the emotional messages that tell us something is wrong and try toughing it out by distracting ourselves or self-medicating with alcohol, drugs, or self-destructive behaviors. We hope that things will eventually get better on their own. There are things you can do that can help you elevate your mood, become more resilient, and enjoy life more. But just as it requires effort to build and maintain physical health, so it is with mental health. We have to work harder these days to ensure good mental health simply because we do so many things that can take a toll on our emotional well-being. Why are we often reluctant or unable to address our mental health needs? Our inability to address our mental health needs stems from a variety of reasons: In some societies, mental and emotional issues are seen as less legitimate than physical issues. We look for connection with others by compulsively checking social media instead of reaching out to people in the real world; to boost our mood and ease depression we take a pill, rather than address the underlying issues. Many people think that if they do seek help for mental and emotional problems, the only treatment options available are medication which comes with unwanted side effects or therapy which can be lengthy and expensive. The truth is that, whatever your issues, there are things you can do to improve the way you feel and experience greater mental and emotional well-being. And you can start doing them today! Make social connection a priority—especially face-to-face No matter how much time you devote to improving your mental and emotional health, you will still need the company of others to feel and be your best. Humans are social creatures with emotional needs for relationships and positive connections to others. Our social brains crave companionship—even when experience has made us shy and distrustful of others. Why is face-to-face connection so important? Phone calls and social networks have their place, but nothing can beat the stress-busting, mood-boosting power of quality face-to-face time with other people. Most people are flattered if you trust them enough to confide in them. In the meantime, there is still a great benefit to interacting face-to-face with acquaintances or people you encounter during the day, such as neighbors, people in the checkout line or on the bus, or the person serving you your morning coffee. Make eye contact and

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exchange a smile, a friendly greeting, or small talk. If you both lead busy lives, offer to run errands or exercise together. Try to make it a regular get-together. Lots of other people feel just as uncomfortable about making new friends as you do—so be the one to break the ice. Reconnect with an old friend, invite a coworker out for lunch, or ask a neighbor to join you for coffee. Get out from behind your TV or computer screen. Join networking, social, or special interest groups that meet on a regular basis. These groups offer wonderful opportunities for meeting people with common interests. Making a connection is beneficial to both of you—and you never know where it may lead! Staying active is as good for the brain as it is for the body. The mind and the body are intrinsically linked. Physical activity also releases endorphins, powerful chemicals that lift your mood and provide added energy. Regular exercise or activity can have a major impact on mental and emotional health problems, relieve stress, improve memory, and help you to sleep better. But what if I hate to exercise? How to Start Exercising and Stick to It: Take a walk at lunchtime through a park, walk laps of an air-conditioned mall while window shopping, throw a Frisbee with a dog, dance to your favorite music, play activity-based video games with your kids, cycle or walk to an appointment rather than drive. Tips for starting an exercise routine Aim for 30 minutes of activity on most days. Start now by taking a walk or dancing to a favorite song. Try rhythmic exercise that engages both your arms and legs, such as walking, running, swimming, weight training, martial arts, or dancing. Add a mindfulness element to your workouts. Instead of focusing on your thoughts, focus on how your body feels as you move—how your feet hit the ground, for example, the rhythm of your breathing, or the feeling of wind on your skin. While not all stressors can be avoided, stress management strategies can help you bring things back into balance. Talk to a friendly face. Face-to-face social interaction with someone who cares about you is the most effective way to calm your nervous system and relieve stress. Appeal to your senses. Does listening to an uplifting song make you feel calm? Or smelling ground coffee or a favorite scent? Or maybe squeezing a stress ball works quickly to make you feel centered? Everyone responds to sensory input a little differently, so start experimenting now to find what works best for you. Make leisure time a priority. Do things for no other reason than that it feels good to do them. Go to a funny movie, take a walk on the beach, listen to music, read a good book, or talk to a friend. Doing things just because they are fun is no indulgence. Play is an emotional and mental health necessity. Make time for contemplation and appreciation. Meditate, pray, enjoy the sunset, or simply take a moment to pay attention to what is good, positive, and beautiful as you go about your day. Accessing the Relaxation Response Take up a relaxation practice. Yoga, mindfulness meditation, deep breathing, or progressive muscle relaxation can put the brakes on stress and bring your mind and body back into a state of balance. Manage emotions to relieve stress Understanding and accepting your emotions—especially those unpleasant ones many of us try to ignore—can make a huge difference in your ability to manage stress and balance your moods. An unhealthy diet can take a toll on your brain and mood, disrupt your sleep, sap your energy, and weaken your immune system. Conversely, switching to a wholesome diet, low in sugar and rich in healthy fats, can give you more energy, improve your sleep and mood, and help you to look and feel your best. People respond slightly differently to different foods, depending on genetics and other health factors, so experiment to learn how the food you include in—or cut from—your diet changes the way you feel. Foods that adversely affect mood Caffeine Trans fats or anything with "partially hydrogenated" oil Foods with high levels of chemical preservatives or hormones Sugary snacks Refined carbs such as white rice or white flour Fried food Fatty fish rich in Omega-3s such as salmon, herring, mackerel, anchovies, sardines, tuna Nuts such as walnuts, almonds, cashews, peanuts Avocados.

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Chapter 7 : Gabriel Hummel - Personal Development & Self Help With A Kick To The Face

Become aware of their power and use them to your advantage. The Road Less Traveled: Once you admit that "life is difficult," the fact is no longer of great consequence. Once you accept responsibility, you can make better choices.

I want to use them, to enjoy them, and to dominate them. Do you feel like your mood can change instantly according to what happens in your day? Then you may be a slave to your emotions. Being an emotional person and leading with the heart can both be great qualities. Leaning into our feelings allows us to be more self-aware and helps connect us to others. But if we allow our emotions to dictate how we live our lives, it can lead to anxiety, depression, and even have a negative impact on our health and relationships. As an empathetic person who feels things deeply, I have learned this lesson the hard way. It took me many years to grasp the concept that all emotions stem from thought. My emotions had officially taken control of my life. At the time I had no idea that each negative thought was having a compound effect on how I viewed myself and my life. The older and wiser me has learned to be very aware of my emotions and to check in with myself on several levels before allowing them to have the final say. Validate your emotions first. Emotions can be a lot like unruly children in need of attention. Once we validate them, we allow them to be seen and have a voice. As I gain weight I then feel even worse because now my self-esteem suffers. Leaning into my emotions instead of numbing them with food has been a huge part of my process. When we validate our emotions, we become more aware and accepting of them, and we begin to understand where they come from. Be aware of your triggers. If you know you struggle with specific emotions, such as anger, jealousy, or fear, try to become aware of the circumstances that trigger them. In my own life, I have learned that I often feel angry when I am disrespected or unappreciated. So if I ask my kids several times to do something and they ignore me, I feel anger beginning to rise inside. Awareness is power; it gives us the control to choose how we respond. Always remember that emotion is derived from thought. Then ask the question, are these thoughts based on truth, or my perception of the truth? One of the biggest tools in helping me deal with my emotions has been to write them down. I have been journaling daily for about three years now, always asking questions about my emotions and trying to dig beneath the surface-level thoughts. From there I can work back through the sequence of events and thoughts that have led me there. I will then ask a positive action question to engage with another emotion, such as, what is one positive thing I can do for myself right now? How many times have you told someone that his or her actions made you feel a certain way? So often the reactive emotions we feel are based on our own perception of the truth, and on the things that matter to us. Being late may be one of your triggers for anger, but for someone else it may be their norm and no big deal. Consider also that people act a certain way based on many influences that differ from your own, such as culture, upbringing, beliefs, and life experiences. Never act on strong emotion. Wait until you are feeling calm and have given yourself time to rationalize and think. Only then should you act. Even if the emotion is a positive one, it can still lead you down a destructive path. How many times have you done something you later regret in the name of love? A mantra is just a word or short phrase that helps you become aware of your emotion and not be controlled by it. For you it may be something completely different, depending on the emotion you are most reactive to. As you build awareness and learn to recognize your triggers, you will become increasingly savvy about when your emotions are serving you well and when you may need to take charge of them. About Claire De Boer Claire De Boer is a writer and teacher with a passion for stories and a strong belief in their power to heal and connect us. Her vision is to empower people to become their authentic selves and to live more abundantly using the tool of writing.

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Chapter 8 : MOODJUICE - Depression - Self-help Guide

Similarly, if you can't stop laughing when everyone else seems serious or sad, gather your inner resources and force yourself at least to change your facial expression if not your mood.

Back to Home Page Placebo [plass-ee-bo] A drug containing no active ingredients given to a patient participating in a clinical trail in order to assess the performance of a new drug. Something done or said simply to placate or reassure somebody that has no actual effect on whatever is causing his or her problems or anxiety. The topic of Self Healing often arises when I attend meetings, seminars, give speeches or simply discuss why some PALS seem to fare better than others. The next is best answered by reading My Theory and Mental Attitude pages. Last but far from least is that most long term PALS seem to have an extremely positive mental attitude despite extreme and unpleasant circumstances. This attitude can be learned and some PALS actually attribute their longevity to making significant changes to their lifestyle and, even more importantly, to their thinking and attitude to life and their illness. It is true that if you are directly in the path of a speeding freight train, positive thinking alone will not stop the train. That is the case with some PALS. The illness hits too hard and fast for any known remedies to be of much assistance. For those PALS with a less aggressive form of the illness there may be an opportunity to "step aside" and slow the neurodegenerative process. I have not included many scientific references because the articles, scientific and otherwise, pertaining to this topic are numerous and varied. Placebo or Self Healing research is now an accepted and funded branch of medicine but has not fully entered most western medical practices. This may and perhaps should change in the near future. You may not wish to hear them but I guarantee that you need to do something about them. Self Worth is one. For this reason, please listen to this short talk. Settle down and listen again. The pictures of atoms we saw at school that looked like planetary systems were wrong. Quantum Mechanics and Particle Physics have proven that matter is mostly nothing other than electromagnetic vibrations. Atoms should actually look like fuzz balls of mainly nothing with a minuscule bit-of-nearly-something in the middle. The scale of it is staggering. That ball of pure matter would be made of actual solid-stuff and its mass would be so dense that it would probably crash straight to the centre of the earth. That is almost incomprehensible. There are now actual photographs of atoms and enough known about them to upset the whole of natural science as we know it. The only thing we need to know is that we are primarily made of absolutely nothing at all. So what makes us look as we do and experience the things that we do? Quantum physicists have caught up with this too. The closest they can get to describing what controls our, well everything really, is electromagnetic force. The organ that produces personal electromagnetism is the brain and our thought. A measurable outcome of changing our thoughts is that what we experience of the world and ourselves changes according to how we think about them. This is well documented fact that has been proven and replicated repeatedly. We can actually see and measure the electric and chemical changes our thoughts have on our bodies. Knowing this you can perhaps allow that your thoughts can and do shape your life "and can even heal you. How this directly affects our health is explained on various YouTube clips discussing Quantum Healing by Dr Deepak Chopra, speaking primarily as a neuroscientist. Other doctors and scientists also explain this in easy to understand videos and articles. Try this link it may still be current. The brain does not distinguish between real and imagined events. Prof of Psychology at UCLA, Andrew Leuchter, confirms that such scans show a physiologically, measurable change in brain activity and brain chemistry. Our brains control , enzyme functions per minute and contain billion active neurons. The brain governs every aspect of body function both autonomously and as a result how we use our minds. A simple, low-tech experiment can also demonstrate this to be true. Read the following paragraph, then relax and use your senses, imagination and visualisation: Relax for several minutes with eyes closed then imagine a large, juicy lemon. See yourself picking up that lemon. Feel its weight and texture. Tap it and imagine the sound. Now take an imaginary knife and slowly cut the lemon in two. Watch and smell the misty spray and droplets of lemon juice. Feel the fine droplets on your skin. Now tilt your head

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back, open your mouth and prepare to slowly squeeze lemon juice onto your tongue. Use all your senses to feel, watch, listen, smell and finally taste the sharp lemon juice as it slowly drips onto your tongue. If you have used your imagination and all your senses to visualise squeezing the lemon juice into your mouth your body has very probably reacted in exactly the same way it would have done if the lemon were real. Your brain and body does not discriminate between real and imagined lemons - or anything else for that matter. If you follow a similar procedure, relax and use all your senses to visualise yourself completely well, your brain and body will attempt to comply with this imagined scenario. Chemical reactions will start to take place throughout your body, even at the cellular level. If this Imagined scenario is repeated regularly and the image and feeling of wellness employing all your senses and with attention to the smallest detail there is a distinct possibility that the imagined will ultimately influence the real. That could entirely change or even save your life.

Encoded Cells

Every cell in the human body is encoded with the ability to self destruct apoptosis or programmed cell death or conversely to heal itself, at the cellular level, using its embedded genetic template. This healing process differs greatly from the immune response that takes place when the body is under bacterial or viral attack. Cellular healing is a much subtler and non-systemic response, involving only individual cells. More is now understood about the apoptotic process but little is known about precisely what triggers its opposite - healing within individual cells. There seems to be every indication that, given the right conditions, our bodies are preprogrammed to effect repairs at the cellular level. Although different, in some respects this process can be illustrated by what can happen to undifferentiated stem cells. When provided with the appropriate cellular environment and genetic signals, stem cells can grow to fulfil the function of any other cell. Given the appropriate signals and stimulation, all but the most damaged cells should theoretically be able to repair themselves and continue to function normally by referring to their embedded genetic blueprint. Human liver cells can do this to some extent, actually regrowing excised sections of liver. Simple organisms like starfish best demonstrate this regenerative process. They can completely regrow severed limbs. Even more remarkably, under the right circumstances, a completely new starfish can regrow from the severed limb. Starfish, after all, do not have what would normally be regarded as a brain, yet this "lower" life form has a superior ability to heal. The implication is that patients given a placebo instead of bona fide medication are "fooled" into getting well. This is sometimes considered the result of weak mindedness. Perhaps the illness was psychosomatic, all in the mind, and the patient was never really ill? Is it possible that precisely the opposite is true and the role of ones mind in the healing process is far greater than medical science will freely acknowledge? If weak mindedness or gullibility alone were an explanation for the healing qualities of the placebo effect it would indicate that up to one third of the population are weak minded and delusional enough to both induce and maintain an illness - or to cure it. By inference, around a third of healthy, intelligent medical volunteers who experience a placebo effect must be similarly deluded. The numerous papers written on this subject would suggest that delusion has less to do with the self healing process than one would expect. I am among those that feel it is time to re-evaluated the placebo effect and start assessing and even harnessing the remarkable ability of ones mind to influence the healing process. Placebo trials became an integral and now mandatory part of pharmaceutical testing before a new medication could be released onto the market. If the pharmaceutical industry has invested billions proving that their products work in spite of a known placebo effect they have ipso facto proved that the placebo effect not only exists but needs to be acknowledged as a very real healing mechanism. If this much money had been spent on a marketable product it would be acclaimed a scientific wonder of the highest order. So why has placebo healing been dismissed as the result of weak mindedness, superstition and non-science? The opposite is true. Hundreds of thousands of clinical trials and thousands of millions of dollars have indirectly confirmed that placebo or self healing is a scientific fact of significant consequence. With a known percentage of placebo responses well established in thousands of trials of everything from moisturising lipsticks to cancer medications it is unconscionable and inexplicable that placebo testing for terminally ill patients should even be considered.

Two Examples

There are so many records of placebo healing that it is hard to choose examples. Here are two at random to demonstrate both

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negative and positive placebo responses. An autopsy revealed that Sam did indeed have cancer, two small tumours in his liver and another small tumour in a lung. These tumours and any effects they may have had on Sam were incapable of killing him. As there is no scientific explanation for his death it is believed that Sam died because he expected to. He believed the diagnosis from an authority on the subject and, for reasons that cannot be adequately explained by western medical thinking. Sam complied with the diagnosis and died. Strictly speaking, this is known as a Nascbebo reponse. He hypnotised a young man with large areas of warts on his body and the young man was completely cured after a few sessions of hypnosis. Patients normally deteriorate, suffer numerous infections and die. Dr Mason believed he was treating a patient with warts. He remains the only person with the illness to be cured. Dr Mason never managed to cure another Icthyotic patient after he accepted it was "impossible" to treat the illness with hypnotherapy. British Medical Journal Placebo Surgery Unlikely as it seems there is such a thing as placebo surgery.

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Chapter 9 : Managing Depressive Thinking - Positive Coping with Health Conditions (PCHC) Workbook

A mantra is just a word or short phrase that helps you become aware of your emotion and not be controlled by it. The word I use is "soft" because I associate this with a gentle temperament. For you it may be something completely different, depending on the emotion you are most reactive to.

Having a health condition can be discouraging, so falling into low or depressed mood is a risk. And low or depressed mood often goes along with a negative way of thinking. We call this depressive thinking. Unrealistic negative thoughts about yourself Unrealistic negative thoughts about your future Depressive thinking affects how you handle your health condition. It feeds into negative emotions – sadness, fear and discouragement. It reduces your motivation to do self-care. It causes you to withdraw from people who care for you. Here is a diagram that shows how depressive thinking can affect your emotions and actions, leading to a cycle of worsening mood: The aim is to challenge depressive thinking and replace it with realistic thinking. Accurate about your current situation seeing things as they are Fair about yourself balancing your view of the positives and negatives in your life Accurate about your future not exaggerating the chance of bad outcomes You can learn to evaluate your life situation and yourself in a realistic manner. You can learn to think in a fair and realistic way. That means being fair and realistic about yourself paying attention to strengths as well as weaknesses , about your current situation weighing the positive and negative accurately and about your future not exaggerating the chance of negative outcomes. Many of your thoughts will be understandable and realistic, but others may reflect depressive thinking. Knowing the difference between these kinds of thoughts is important. Depressive Thoughts are unfair and unrealistic. They are distorted – inaccurate reflections of yourself and the world around you. The following types of distorted thoughts are common in people with depressed mood. Types of Depressive Thoughts Filtering This means focusing on the negative and ignoring the positive. Focusing on the negative side of experiences can make your whole life seem negative. For example, you receive the results of a health checkup: Realistic thinking balances both positive and negative aspects of a situation. Overgeneralizing One negative event is seen to be the start of a never-ending pattern. Realistic thinking recognizes that one disappointing outcome does not mean everything will be disappointing. All-or-Nothing Thinking You see the world in extremes. You are either smart or stupid, tidy or a slob, entirely healthy or totally ill. Situations are either wonderful or terrible, successes or failures. There is no in-between and gradual improvement is not enough. For example, you start a new medication and you feel better, but not like you felt before getting sick, so you tell yourself that the treatment has failed. And maybe you imagine that your life before illness was perfect. Realistic thinking involves seeing situations and people as falling somewhere between the extremes – toward the middle, where most things are found. Even if your life is more limited with a health condition, there are usually interesting activities you can still do or new activities you can start. Catastrophizing You view a difficult situation as a future disaster. Labeling Labeling involves talking to yourself harshly and calling yourself insulting names. You talk to yourself in a way you would never talk to anyone else. As a result, you react to what you imagine they think, without checking. For example, you have to use a cane to get around and you imagine that everyone looks down on you. Realistic thinking recognizes that guessing what others think about you is likely to be inaccurate, especially when your mood is down. Nothing will work out, so why bother trying? Realistic thinking gives credit for accomplishments, even if the result is less than perfect. Few of us reach perfection, but our achievements are important. For example, you tell yourself that your specialist should set aside half an hour for each visit, but you actually get only 10 minutes – so you feel bitter and discouraged. Realistic thinking understands the limitations of the world and of yourself – trying for improvement but also accepting how things are. There are other types of depressive thinking, but these are the most common ones. When you catch yourself thinking depressively, it can be useful to look at this list to see if you are using one of these styles of thinking. We must learn to become aware of depressive thinking as

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it occurs. An excellent strategy is to notice thoughts you are having when you experience a drop in your mood
â€” it can be very helpful to write these thoughts down. Write down your Depressive Thoughts: