




---

---

---

---

---

---

---




---

---

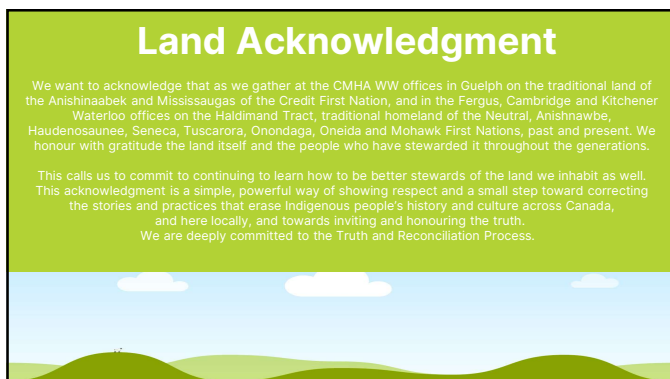
---

---

---

---

---




---

---

---

---

---

---

---

## What we will cover **today**



- 01 AWARE**  
What are some types of **negative thinking** we engage in?
- 02 EXPLORE**  
Strategies for calming **emotions** and challenging **negative thought** patterns.
- 03 ACT**  
Apply **strategies**.  
Use resources for additional **support**.

---

---

---

---

---

---

---

---

## Cognitive **Distortions**

Black & White Thinking	Polarized, Either/Or thinking
Filtering	Magnifying/Minimizing
Shoulds	Rigidity, Dictating, Judgment
Always Being Right	'Winning' no matter what
Fallacy of Change	Unrealistic expectations/control

---

---

---

---

---

---

---

---

## Cognitive **Distortions**

Personalization	It's about me.
Catastrophizing	Chain argument of doom
Jumping to Conclusions	Unhelpful assumptions
Blaming	It's all your fault!
Overgeneralizing	Limited evidence

---

---

---

---

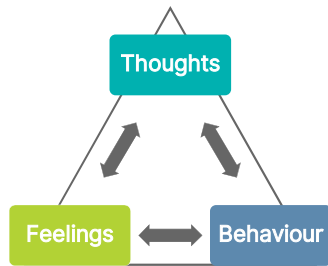
---

---

---

---

## The Cognitive Triangle




---

---

---

---

---

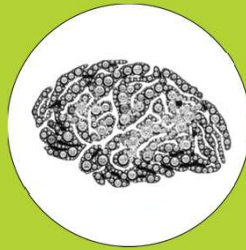
---

---

---

## Reactive

Emotion based  
Subjective  
Judgmental  
Impulsive  
Less control  
May regret later




---

---

---

---

---

---

---

---

## Responsive

Logic based  
Based on accurate thinking  
Objective  
Considered  
More control  
Less opportunity for regret




---

---

---

---

---

---


---

---

### Emotion Focus

Based on feelings  
Not logic or reason based  
Subjective  
May be overwhelming  
Can be impulsive  
May feel less in control

**Actions:**  
Deep breathing  
Mindfulness  
Calming exercises  
Self soothing  
Distraction  
Talking (venting)



### Logic Focus

Based on facts  
Not based on emotions  
Objective  
Not overwhelming  
Less impulsive  
May feel more in control

**Actions:**  
Problem solving  
Decision making  
Planning  
Strategizing  
Setting goals  
Evaluating

---

---

---

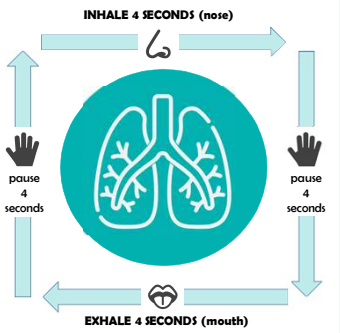
---

---

---

---

---



## Box Breathing

---

---

---

---

---

---

---

---



<https://www.youtube.com/watch?v=QyM8Eru8U>

---

---

---

---

---

---

---

---

Reality Check

Alternatives

Perspective

Goals

**Challenges**  
to your  
**Thoughts**

Reachout.com

---

---


---

---

---

---

---



## Reality Check

---

What is the evidence for this?

Is it possible I am wrong about this?

Is there a way to confirm the truth?

---

---

---

---

---

---

---

---

**Feelings**  
**are not Facts**

←

---

---

---

---

---

---

---



## Alternatives

Is there another way to look at this situation?

Am I sure this is the only outcome?

What would I tell a friend who was thinking this way?

---

---

---

---

---

---

---

---

## Beware of Rationalization & Confirmation Bias




---

---

---

---

---

---

---

---



## Perspective

What/who influences my beliefs?

Will I always view this the same way?

Will this matter in time?

---

---

---

---

---

---

---

---

We often misjudge  
**what we want &**  
**what makes us happy**

---

---

---

---

---

---

---

## Goals



Is this way of thinking working out for me?

What are some ways to work around the issue?

What can I learn from this?

---

---

---

---

---

---

---

Reducing your  
**Stress is a valid goal!**

---

---

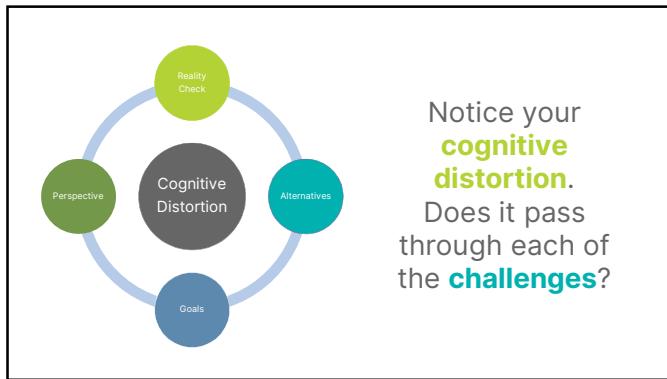
---

---

---

---

---




---

---

---

---

---

---

---

<b>Belief:</b> "I need to be perfect & I should feel guilty & ashamed every time I don't get 100%, or if I make a mistake."  <b>Distortions:</b> Black & white thinking Always being right Filtering	<b>Reality Check</b>	<ul style="list-style-type: none"> <li>Nobody is perfect all of the time. Mistakes are normal.</li> </ul>
	<b>Alternatives</b>	<ul style="list-style-type: none"> <li>I can learn that I can still be good even if not 100%.</li> </ul>
	<b>Perspective</b>	<ul style="list-style-type: none"> <li>After I make a mistake, I can see it wasn't the end of the world.</li> </ul>
	<b>Goals</b>	<ul style="list-style-type: none"> <li>My perfectionism is connected to my feeling bad &amp; that is not consistent with wanting to reduce my stress</li> </ul>

---

---

---

---

---

---

---

Over time, & with practice, we may learn to recognize our reactivity and distorted thinking, & try new ways.

---

---

---

---

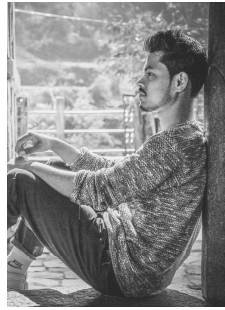
---

---

---



If you find your thoughts & emotions to be pervasive & overwhelming, help is available.




---

---

---

---

---

---

---



**1 844 437 3247**  
(HERE247)

Call anytime to access  
Addictions, Mental Health  
& Crisis Services  
Waterloo-Wellington

---

---

---

---

---

---

---

**BounceBack®**  
reclaim your health

A free program to help  
you tackle depression  
and anxiety.

**bouncebackontario.ca**  
**1-866-345-0224**




---

---

---

---

---

---

---




---

---

---

---

---

---


---

## Thank you!

---

If you have more questions, my email is  
[aheeleey@cmhaww.ca](mailto:aheeleey@cmhaww.ca)  
 For more service information & more webinars, visit us at  
[www.cmhaww.ca](http://www.cmhaww.ca)

---



---

---

---

---


---

---

---

All content included in these slides is the property of  
CMHA Waterloo Wellington.

Do not copy or distribute without permission.  
 Slides are not intended as a standalone resource,  
 but a compliment to CMHA Trainer led education sessions.  
 Contact [education@cmhaww.ca](mailto:education@cmhaww.ca) with questions or concerns.



**Canadian Mental  
Health Association**  
Waterloo Wellington

**Association canadienne  
pour la santé mentale**  
Waterloo Wellington

---

---

---

---

---

---

---