

Wellbeing

Workshop



30 mins

Practice

Resilience

Staying safe & keeping healthy

There are many ways to increase or promote your sense of wellbeing. Whilst we can't focus on *all* of them in our session, today we'd like to look at **cognitive distortion**. Sometimes you might have negative thoughts. This could be because we often see the worst in a situation. When we do this, our vision becomes coloured with negative bias.

Read through these distortions below. Next to each one, either write down what the impact of this way of thinking could be or discuss them more broadly within the context of a particular hobby.

Over-generalising

Making a pattern based on a single event. *"I got a D in maths, I'm stupid..."*

Impact:

Mental failure

Only noticing our failures and not our successes. *"I lost in the final of the hockey tournament..."*

Impact:

All or nothing thinking

When we see something below perfection as a failure. *"There were only 100 people at my concert..."*

Impact:

Disqualifying the positive

Discounting the good things that happen. *"It rained on my holiday in Spain..."*

Impact:

Catastrophising/minimising

Blowing things out of proportion/shrinking them too much. *"I can't believe you burnt my toast..."*

Impact:

Emotional reasoning

Assuming that, because we feel a certain way, it must be true. *"I wasn't confident in my science lesson, I must not be a confident person..."*

Impact:

Tips for conquering negative thinking

Gratitude

From acknowledging a sunny day to being grateful for our family, gratitude helps us to stay in the present. Recognising that we have the power to think in a more 'balanced' way is a huge step towards fulfilling our potential.

Mindfulness

Being mindful of our thoughts is a powerful tool in combating negative thinking. Taking a minute to observe our thoughts and to view them as passing ships, rather than giant icebergs, helps us to understand that thoughts are temporary.

Write down three things you are grateful for today:

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Boundaried self-management

As adults and children, we can often find it hard to embed healthy boundaries in our work, relationships, social and home life. Can you think of an example where you've set a boundary that has helped you feel more positive or in control?

Write down two examples below of times when you think you could have handled situations better through a more boundaried approach.

Discussion points

Targets

Next time

Supports learners 'to keep mentally healthy' (Ofsted Framework)



Date completed:

Art imitates life

The Physical Impossibility of Death in the Mind of Someone Living, Hirst, 1991. What does this piece say to you?

