Disrupting Negative Thoughts

Presenter
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Renae earned her Bachelor's degree in Psychology from the University of North Carolina at Pembroke after serving 6 years in the U.S. Army and being honorably discharged. Renae then earned her Master’s degree in Clinical Social Work from the University of North Carolina at Wilmington.

With an interest in vulnerable populations and family systems, Renae worked in community intensive counseling, outpatient private practice, and a residential women’s treatment program prior to finding her professional niche in the EAP counseling support field.

Though Renae hails from a military family and has had a lifelong interest in helping veterans, she desires to offer them support through volunteering and hopes to continue excelling in the EAP field professionally. Renae is the loving mom to a poodle and a rabbit. She enjoys fishing and weekend outings to the movie theatre in her free time.

Learning Objectives

• Identify the symptoms and causes of negative thoughts.

• Apply strategies to disrupt negative thoughts.

• Understand when additional help is needed.

• Discuss the types of help available.
Survey

Are negative thoughts normal?

A. Yes
B. No

Are Negative Thoughts Normal?

Symptoms of Anxiety

Emotional
- Feelings of apprehension or dread.
- Feeling tense and jumpy.
- Restlessness or irritability.
- Anticipating the worst and being watchful for signs of danger.

Physical
- Pounding or racing heart and shortness of breath.
- Upset stomach.
- Sweating, tremors and twitches.
- Headaches, fatigue and insomnia.
- Upset stomach, frequent urination or diarrhea.
Causes of Anxiety

- Genetic
- Stress

Symptoms of Depression

**Psychological**
- Having low self-esteem.
- Feeling tearful.
- Feeling anxious or worried.

**Physical**
- Unexplained aches and pains.
- Decreased energy level.
- Difficulty sleeping.

**Social**
- Reducing social involvement.
- Avoiding friends.
- Having difficulty at work.

Treatment of Depression

- Depression can be assessed as:
  - Mild.
  - Moderate.
  - Severe.

- Treatment involves:
  - Medication.
  - Talk therapy.
  - Self-help.

- Medical support should always be sought.
Preventing Negative Thoughts: Reframing Techniques

• Label the thoughts.
• Thank your mind.
• Let the thoughts float away.
• Say the thoughts in a funny voice.
• Move forward anyway.

Survey

Which of these reframing techniques are you most likely to try?

A. Label the thoughts.
B. Thank your mind.
C. Let the thoughts float away.
D. Say the thoughts in a funny voice.
E. Move forward anyway.

Preventing Negative Thoughts: Mindfulness Techniques

• Meditate.
• Do yoga.
• Smile.
• Sing.
• Surround yourself with positive people.
• Don’t take on a “victim” mentality.
Preventing Negative Thoughts: Mindfulness Techniques

• Help someone else.

• Don’t dwell on your mistakes – move forward.

• Read positive quotes.

• Name five things you are grateful for.

Try It!

1. Write down five things you are grateful for.

2. What thoughts and feelings are you experiencing now?

Action Step

What is one strategy you will try the next time negative thoughts come to mind?
Need More Assistance?

• Treatment options:
  – Psychotherapy.
  – Medications.
  – Complementary health approaches.

• Contact your Employee Assistance Program (EAP).

Quote

“See the positive side, the potential, and make an effort.”

Dalai Lama

For Further Assistance

Contact your Employee Assistance Program (EAP).
Thank You!

Questions?

Works Cited

negative-thoughts


Disorders/Overview

Disorders/Treatment


News-Meditation-Shows-Promise-in-Relieving-Anxiety-and