

# Thrive 365 #24

## Did you know?

Certain types of thinking are unhelpful and are sometimes referred to as 'Thinking Traps'. They can result in us feeling down and even becoming depressed, so it's important to notice when we fall into one of these traps. Some examples are:

**Catastrophising** (jumping to the worst possible conclusion or going straight to the worst-case scenario, however unlikely).

**Overgeneralising** (turning one negative thing into something bigger).

**Ignoring the positive** (focusing on only the bad things that happen).

**Taking things personally** (believing things are about you, even when they're not).

**Mind reading or fortune telling** (imagining what someone is thinking about you or what is going to happen).

## What can you try?

### 1. Double column technique

Each time you notice an unhelpful or negative thought, write it down in the first column. In the second column, write a balancing thought to give a different perspective. For example: column 1 'I didn't finish my to do list today - I'm useless', column 2 'I achieved 4 of the 6 things on my list for today. I've achieved a lot even though I haven't finished everything'.

### 2. Remember details

When people are down or depressed, they tend to focus on and remember negative things. It can help to make a note of achievements or positive experiences as you go through the day. If something good happens, or you enjoy an experience, try to jot down as many details about it as possible because this will help you call the memory to mind more easily in the future.

### 3. Mindfulness

It's important to notice our thinking patterns, but not judge ourselves for having negative thoughts. It can help to sit straight up in a chair, push your feet into the floor and just focus on your breathing. There's no need to change your breathing or take deep breaths, just notice the natural rhythm of your breaths. Notice the thoughts in your mind and notice physical sensations in your body - for example, a clenched jaw or tense shoulders. Each time you notice a thought or sensation, simply bring your attention back to your breathing.

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

**TALKS**

[www.dragonflyimpact.co.uk](http://www.dragonflyimpact.co.uk)

**TRAINING**

[@dragonflyimpact](https://twitter.com/dragonflyimpact)

**CONSULTANCY**

[info@dragonflyimpact.co.uk](mailto:info@dragonflyimpact.co.uk)