

Thrive 365 #20

Did you know?

Depression doesn't only affect our behaviour, it affects our thoughts too. This can then create a vicious cycle as our depressive thoughts perpetuate and even worsen our low mood. It can be common to accept negative thoughts about ourselves or the world as facts. Thoughts such as 'I'm lazy'/'I'm useless'/'the world is an awful place' are common, but healthy people are able to dismiss them. People with depression often get stuck in these thoughts.

What can you try?

1. Pay attention to 'B'!



People usually notice A: what happens and C: how they feel about it. For example, A: They miss a deadline; C: They feel upset and embarrassed. They don't normally notice B: what they think. In this example B: 'I'm useless and incompetent and now everyone will know'. When you take B into account C makes much more sense! Not noticing 'B' gives the impression that your feelings are created by things that happen to you or around you and are therefore out of your control. In reality our feelings are created by our thoughts.

2. Balancing thoughts

Try to form a habit of balancing every negative thought out with a positive one. For example if you think 'I'm lazy' you might balance it out with 'I've done 5 tasks from my list today, it's natural to need a rest'

3. Challenge Long Term Beliefs

Sometimes people have very critical views of themselves ('I'm not clever'; 'I'm not loveable') that are often the product of past experience and bear no resemblance to reality. If you hold a negative belief about yourself, look for evidence that disproves it. You could also think about what you would say to a friend who held that belief and apply that to yourself. Writing things down can be a useful part of this process.

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

TALKS

www.dragonflyimpact.co.uk

TRAINING

@dragonflyimpact

CONSULTANCY

info@dragonflyimpact.co.uk