



7 Secrets to a Healthy Mind

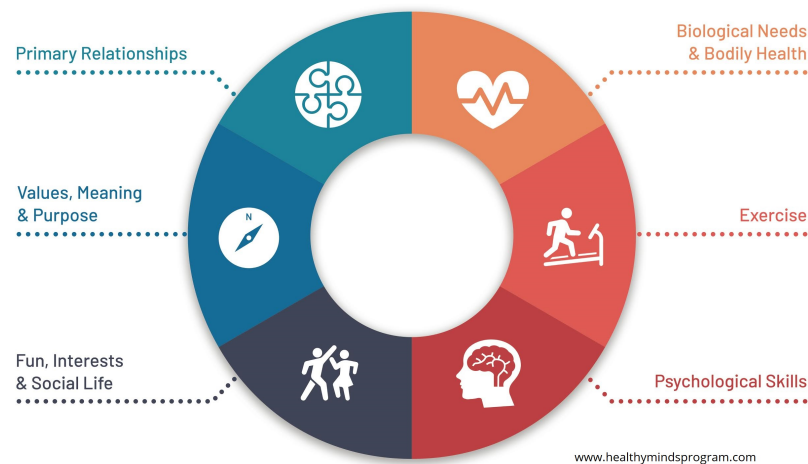
with Dr Tom Nehmy

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Take Away Messages

- Wellbeing is more important than trying to feel happy 24/7, which is not normal. Treat your wellbeing like a project.



- True happiness is about resilience and wellbeing, in addition to regular positive mood states
- Wellbeing and performance are two sides of the same coin. Routine conversations about wellbeing are an implicit part of managing performance.
- Secret #1 – Life is not perfect, and there is value in imperfection.
 - Reject perfectionism and embrace the benefits of challenges, mistakes and failure!
- Secret #2 – Thoughts affect how you feel, but they aren't always accurate
 - Thinking errors are common
- Secret #3 – Emotions are natural, and have evolved to help us
 - Emotions are like the weather, it's only a problem if we get stuck

- Secret #4 – Emotions do not control our behaviour, our choices do
 - Identify unhelpful reaction urges and use psychological muscle
 - Use the Magic Question: “*What is the helpful thing to do now?*”

- Secret #5 – Learn and live the Helpful Thinking Process.
 - Save the PDF template and use it to work through your thoughts and feelings in challenging situations or when you feel ‘stuck’

- Secret #6 – The most important relationship in your life is the one you have with yourself
 - Apply self-compassion rather than self-criticism

- Secret #7 – What you focus on, you amplify in your awareness
 - Attitude counts - practice gratitude!

- Children are apprentice adults who need guidance, coaching, feedback & support

- There can be no resilience without the opportunity to be resilient.
 - Try not to make the Great Mistake – prioritising short-term emotional states over longer-term learning and development.
 - Beware of ‘overparenting’ – You should only assist kids to the degree that is appropriate to their developmental level

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