



Train Your Brain Series: Week 1

Have you ever thought about why you react the way you do towards different situations? Have you ever said to yourself, “I wish I hadn’t said that” or “done that.” But then, next time, before you can even stop yourself, you have the exact same unwanted response. How can we press pause on those reflex reactions and shift in a new, healthier direction?

Cognitive behavioral therapy (CBT) is a well-known behavioral health therapy that is highly effective in treating a range of problems, from minor daily stressors to more complex conditions such as depression, anxiety, alcohol/drug use, relationship and communication struggles, and much more. Although traditionally a strategy used between a therapist and client, the fundamentals of the treatment are completely accessible to anyone with the desire to gain a deeper understanding of why they respond to certain situations the way they do, and why others may respond differently. At its foundational level, CBT is simply becoming aware of your thoughts so that you can understand and have compassion for the feelings they create with the end goal of adjusting your response in future situations.

Over the next few weeks, we are going to break down the components of CBT to give you the high-level strategies and tools necessary to become your own behavioral health advocate. Of course, your MYC behavioral health benefits are always here for you; but learning these simple strategies and applying them to everyday life and work situations will help build resiliency and enhance your overall well-being.

Next week we will highlight the impact your perception plays in developing your thoughts. We view the world through our own individual lens, but we can start to broaden that lens through personal growth.

Coming Soon!

Week 2: We are all unique with different upbringings and different life experience. Those foundations create how we see ourselves and the world around us. They direct our thoughts, feelings and ultimately behaviors.

Week 3: Become aware of your thoughts and identify common cognitive distortions or patterns of thinking that may initiate negative feelings and unwanted responses.

Week 4: Identify your feelings, acknowledge them with self-compassion and learn that they are fleeting.

Week 5: How can we reframe thoughts and feelings to develop new responses?

Week 6: Putting it all together!

We hope you find these next few communications engaging and useful!