



THE UNIVERSITY
of ADELAIDE



MENTAL WELLBEING

adelaide.edu.au

Learning outcomes

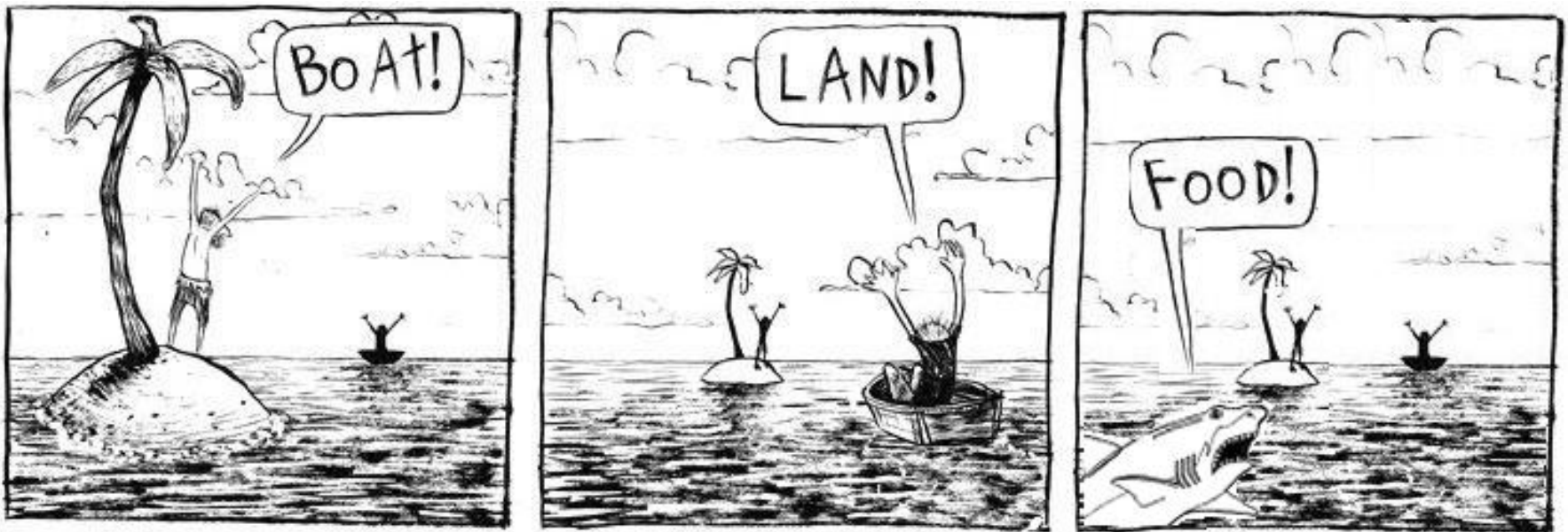
- Understand and recognise what is 'your wellbeing'
- Identify and implement small steps to change your negative thinking and self talk and build positivity.
- Commence creating a plan for yourself to build your wellbeing



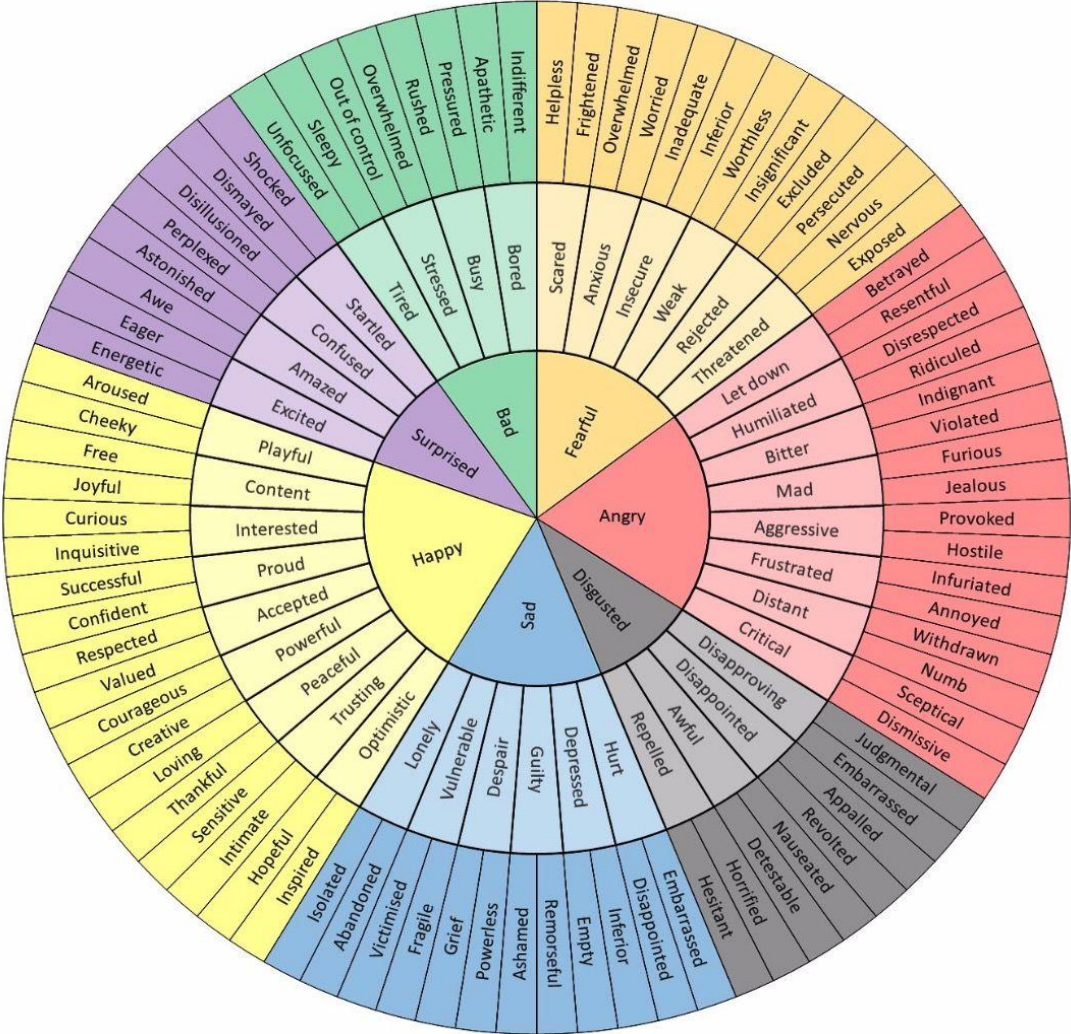
Wellbeing changes as we move through life, which is why a child's version of it cannot be the same as an old persons.

Deepak Chopra

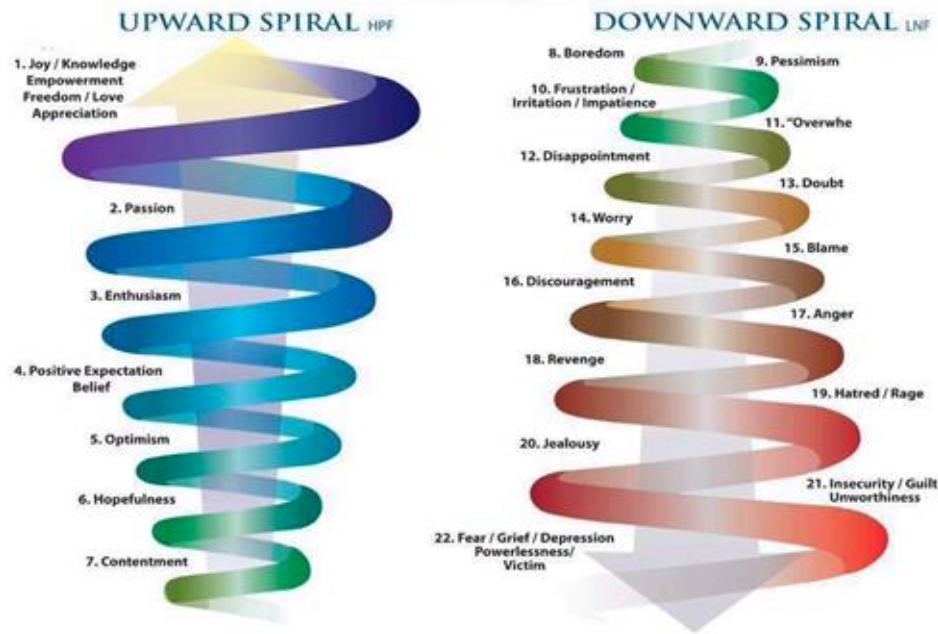
Differing Perspectives!



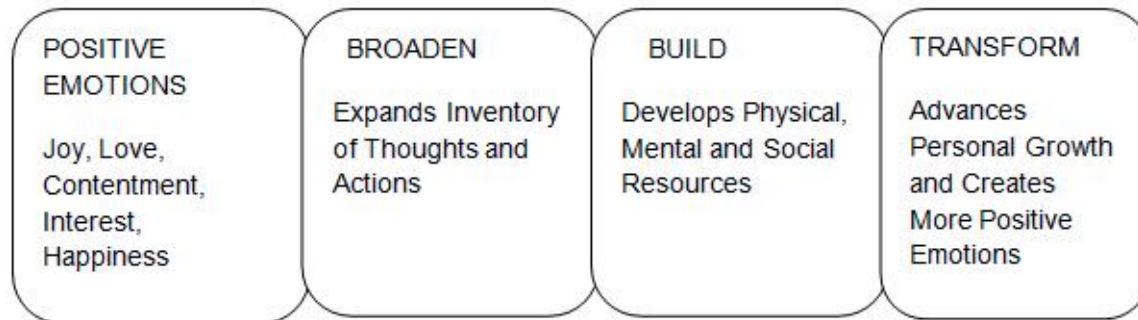
Positive and Negative Emotions



**Positivity is a choice – a
choice we need to make again
and again, day after day.**
Professor Barbara Fredrickson



(Fredrickson, 2001)





***Feelings are much like waves:
we can't stop them from coming,
but we can choose which one to surf.***

Jonatan Martensson

Conscious vs subconscious thinking and feeling



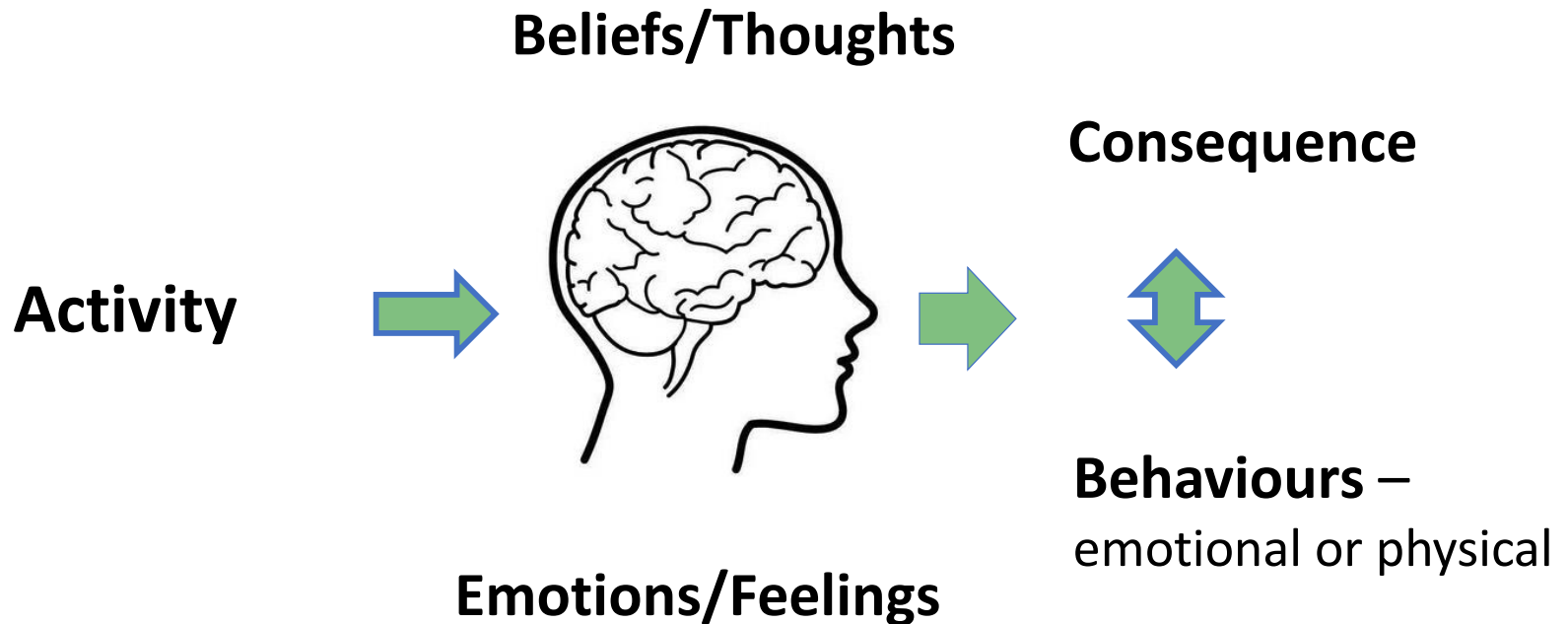


We feel first, and we reason second.

Professor Brene Brown

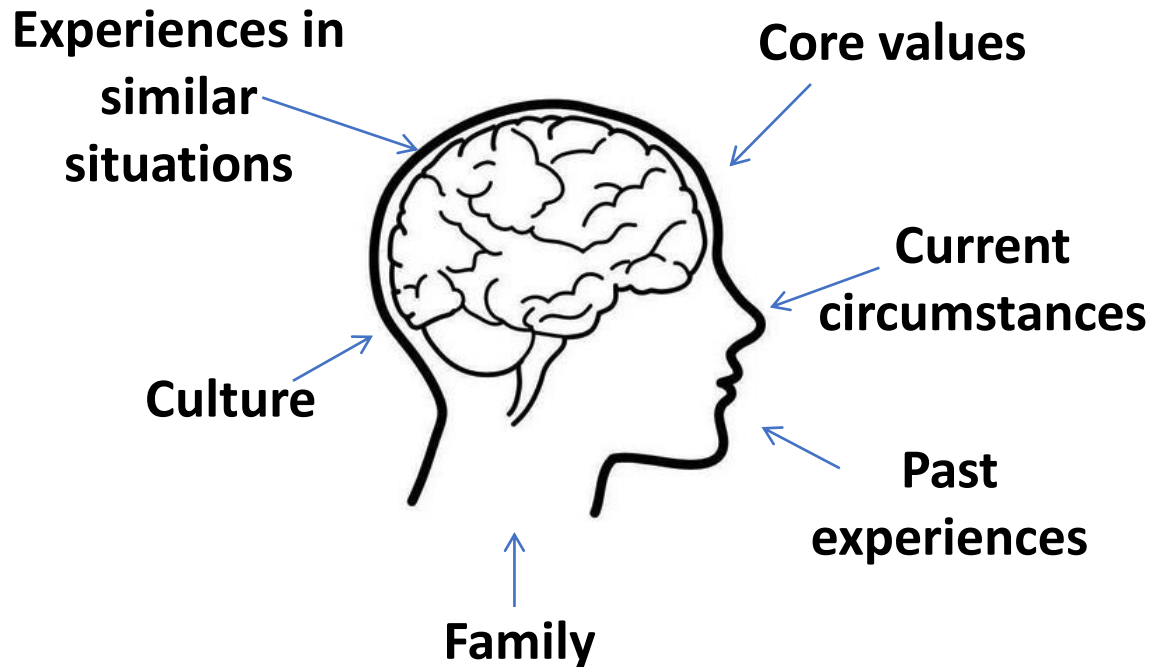
Our thoughts drive our reactions

Adversity Belief Consequence



Adapted from Ellis, 1962

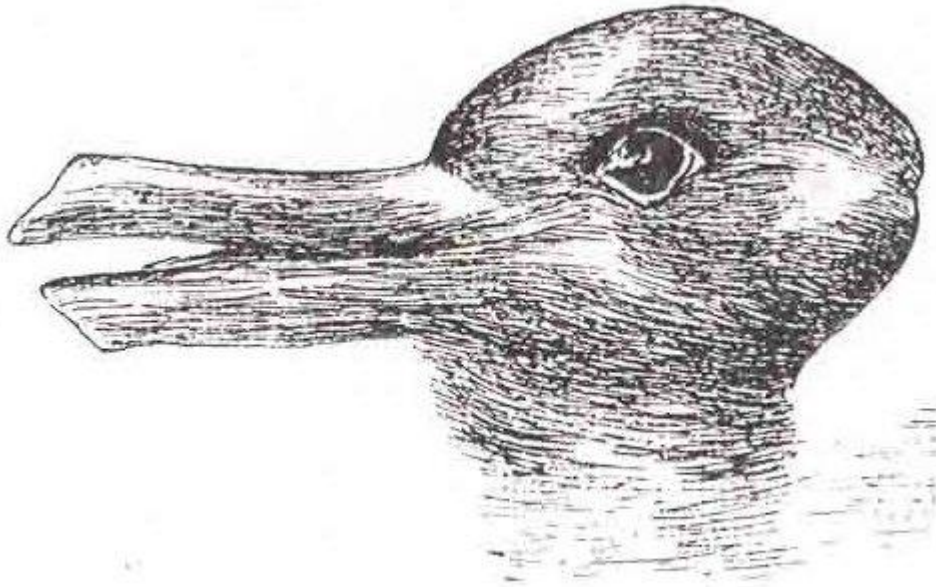
What is in your brain?



Are Our Thoughts Always Angels?



Lets explore multiple perspectives



OAR

First lets take a breath and stop that automatic thought pathway. Now let us:

- **O**bserve and reflect on your thoughts. When you are upset or annoyed or stressed or frustrated what were you thinking? Be honest about what you were thinking!
- **A**rgue with your self. Search for evidence that your thought pattern, beliefs or assumptions are correct.
- **R**eplace with a more helpful alternative. You may notice that your subconscious thought patterns are not correct or not helpful for you. So what is better?

**30 years from now, I will be celebrating the 10th
anniversary of my divorce**

**I do not concede that
I will live in a country of my own making
In the future
Environmental destruction will be the norm
No longer can it be said that
My peers and I care about this Earth.
It will be evident that
My generation is apathetic and lethargic**



Gratitude

***Some people grumble that roses have thorns,
I am grateful that thorns have roses.***

Aphonse Karr

Cultivating Gratitude

Write down 3 things that went well in a day

- Events that happened
- Something you are good at
- Goals you have achieved
- Individuals who cares for you

Why did it go well? How did you or others in your life contribute to the good thing that happened?

Try keeping a written journal.



Mind Full, or Mindful?



***The present moment is the only time over which we
have dominion.***

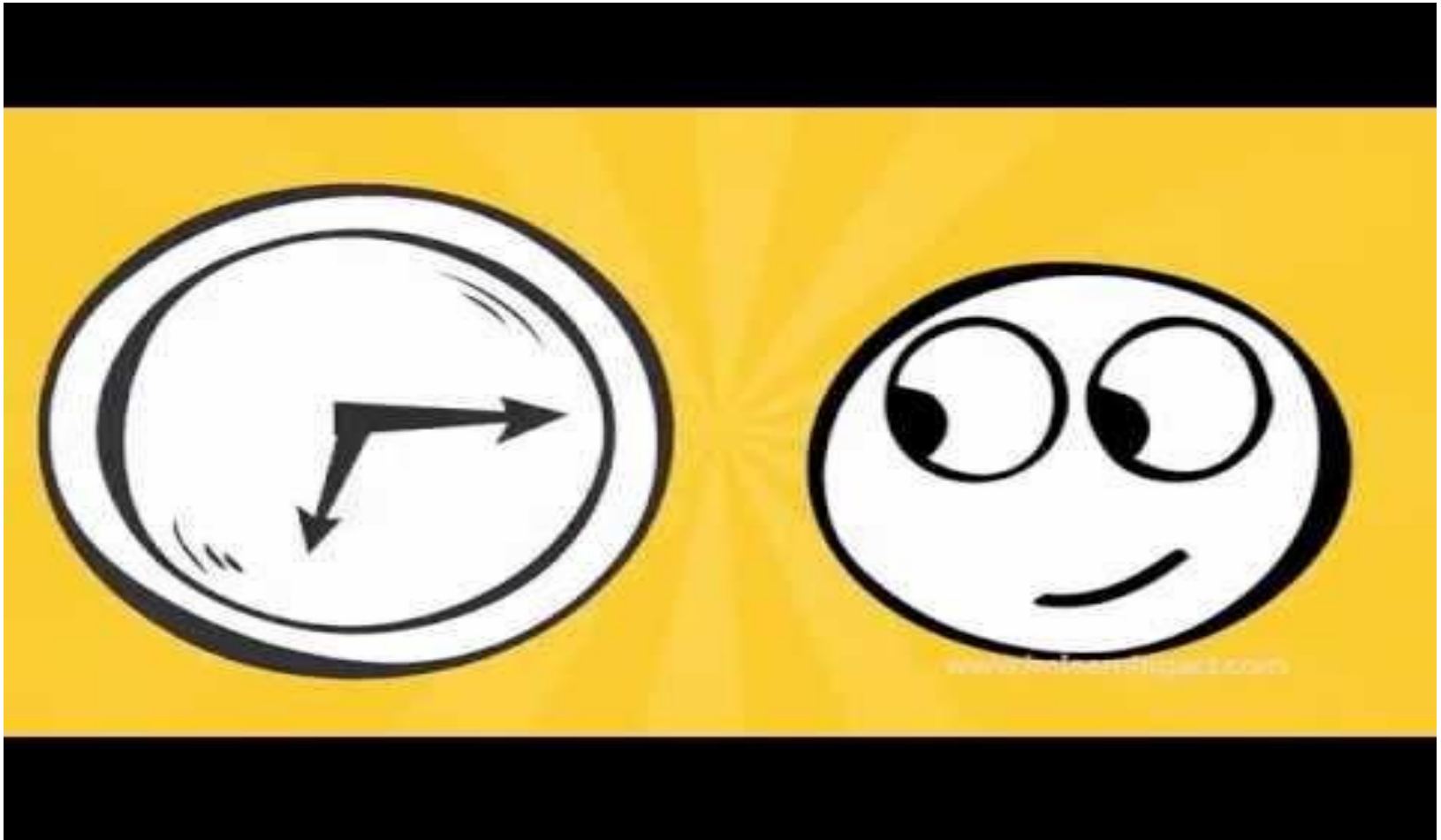
Thich Nhat Hanh



Wherever you are, be there totally.

Eckart Tolle

Values vs Goals





Mental wellbeing wrap up



THE UNIVERSITY

of ADELAIDE

CRICOS PROVIDER NUMBER 00123M