



Emily @emgrebz

A visual representation of overthinking,
anxiety, and paranoia

Yes

are you mad

Read 12:00 AM

Of course not, why?

Idk the "yes" sounded angry

Delivered

Follow us for more!



*We train your brain for a happy,
healthy life!*



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Contact Dr. Rachel:

drjacobs@wellbraintherapy.com
+1773-830-4725

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We train your brain for a happy,
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**The person
you need to
be kindest to
is yourself.**



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It's Okay To

Fail

Rest

Take a Break

Say No



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Instead of

Shaming yourself

Comparing yourself

Pushing yourself

Overthinking

Critical self-talk



Try this

Ask for help

Get back to your why

Pause when needed

Try mindfulness

Celebrate small wins



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Remember:

Speak kindly to yourself

When you notice you're having critical self-dialogue, interrupt it. Replace it with a positive and nurturing thought. If it helps, make a list of things you like about yourself and revisit it whenever you need encouragement.



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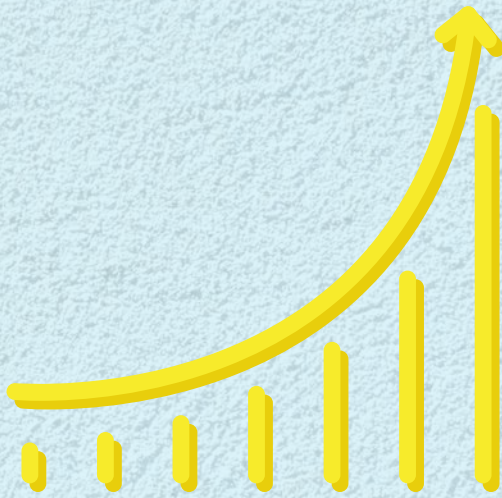


**You don't drown by
falling into water.
You only drown if
you stay there.**



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What we think growth is like:



What it's actually like:



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Self-care for tough mental health days



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Developing Brains and Social Media

- 1 **Monitor & Discuss:** Keep track of and discuss your child's social media use.
- 2 **Be a Role Model:** Show your child what healthy social media use looks like.
- 3 **Stay Alert:** Watch out for signs of problematic social media use.
- 4 **Educate:** Teach your child about responsible and safe social media use.



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Savoring Ice Cream - A Quick Guide

Pause: Take a moment to appreciate the ice cream's appearance and smell.

Small Bites: Start with a small taste, letting it melt on your tongue.

Savor: Close your eyes and focus on the flavor and texture.

Slow Down: Resist rushing. Enjoy each bite fully before taking another.

Gratitude: Appreciate the joy this simple pleasure brings.



well brain



Savoring Ice Cream - A Quick Guide

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Savoring Ice Cream - A Quick Guide

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Just because it's taking time,



doesn't mean it's not happening



well brain

Just because it's taking time,



doesn't mean it's not happening.



well brain

Signs to take a Break!

You've had
increased
trouble
focusing

You feel
unmotivated
and
lazy

You've been
getting
sick often

You feel
overwhelmed
and
depleted

You're
relying on
unhealthy
coping skills

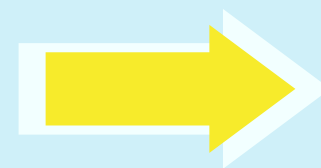


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What To Do When You Feel Overwhelmed?



Swipe for 4 simple tips



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Create a to-do list. This will help you get everything out of your head and on to a paper, which leads to more mental bandwidth for problem solving.



The Most common **Cognitive Distortions**

Polarized Thinking

Mental Filtering

Catastrophizing

Personalization

Labeling

Disqualifying the positive

Emotional Reasoning

Jumping to Conclusions

Overgeneralization



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Polarized Thinking

01

An extremist, all or nothing, black and white thinking. People with this distortion interpret everything in their life in one extreme or the other which is unrealistic because most of life happens somewhere in between.



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Mental Filtering

02

A tendency to ignore any and all positive things in your life and selectively focus on the negatives.



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Catastrophizing

03

Assuming the worst possible scenario as soon as faced with the unknown or slight adversity.



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Personalization

04

Taking things personally when they are not connected to you or are your responsibility. People with this distortion tend to blame themselves for things beyond their control.



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Labeling

05

Labeling is when people reduce themselves and others to a single label. These extreme judgments are often based on single examples that don't indicate anything significant.



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Disqualifying the Positive

06

People with this distortion attribute the positives in their life to luck and external factors. It's different from Mental Filtering as people recognize the positives but take no credit for it and consider it a fluke.



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Emotional Reasoning

07

Emotional Reasoning is when you rely on your emotions as opposed to rational evidence to judge an event. It's a very common cognitive distortion faced by people even without anxiety and depression.



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Jumping to Conclusions

08

This involves making assumptions without any real information about what other people are up to (mind reading) or what may happen in the future (fortune-telling).



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Overgeneralization

09

Overgeneralization is when you bring the conclusion of one event to every subsequent event believing things will play out exactly as they have in the past.



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**You are important
and priceless even
when your mind is
telling you otherwise.**



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Things to ask yourself for Anxiety Relief

Notice your body - Is there anything that would help me relax right now?

Notice your thoughts - Is there a more neutral way of thinking about this?



Is there a chance that I'm assuming the worst without any good evidence?

How likely is it that what I'm worried about will actually happen?



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Things to ask yourself for Anxiety Relief

Notice your
body - Is there
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Notice your
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Is there a
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assuming the
worst without
any good
evidence?

How likely is it
that what I'm
worried about
will actually
happen?



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These habits can harm your brain



Having a sedentary lifestyle



Consuming too much sugar



Not getting enough sleep



Having too much screen time



Lack of social contacts

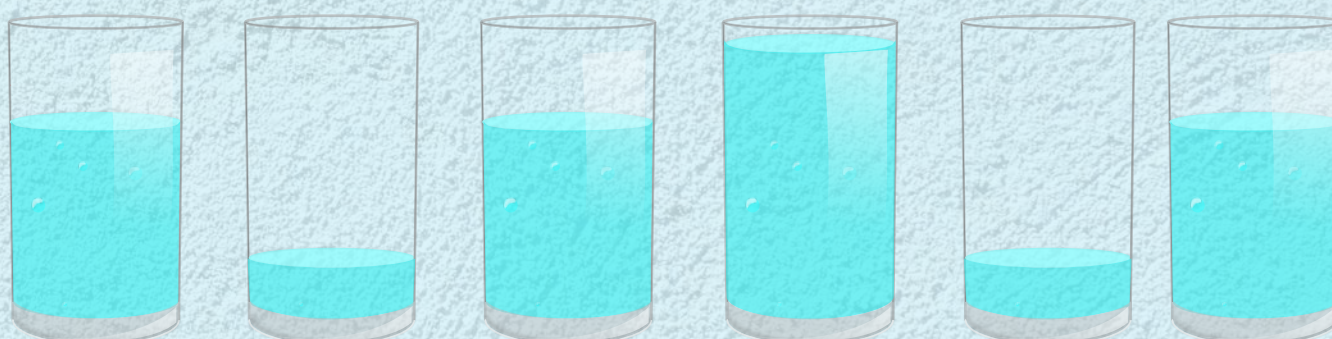


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Your best everyday



can look different



and that's okay.



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Instead of

I failed and embarrassed myself.

I can't make this work.

This is not for me.

I made a mistake.



Try this

I'm proud that I tried - that took courage.

I will do my best.

This may take some time.

I can learn from this.



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**Having compassion
starts and ends with
having compassion for all
those unwanted parts of
ourselves.**



Pema Chodron



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Daily Mindfulness Activities



Eat your meals without any distractions



Sit in the sunshine and be conscious of how it feels



Journal in the evenings to evaluate your day



Practice mindful breathing once a day



Take a mindful walk without your phone



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OUTSTANDING CONTRIBUTION TO
ACADEMIC INSTRUCTION
NUMS
CLINICAL PSYCHOLOGY PROGRAM

MOULTHROP, Ph.D.
1993 - 94

MICHAEL JENUWINE
2001 - 02

LAURIE KEEFE
2009 -

S ANDERSON, Ph.D.
1994 - 95

JILL SULLIVAN
2002 - 03

JANIS
2003 -

GUTMANN, Ph.D.
1995 - 96

SHAWN TAYLOR
2003 - 04

MARK
2004 -

CHRISTINE EDSTROM, Ph.D.
1996 - 97

WALTER F. BURKE
2004 - 05

MARK
2005 -

MARK SUMMERS, Ph.D.
1997 - 98

DANA WEINER
2005 - 06

MARK
2006 -

ANNA BAUM, Ph.D.
1998 - 99

VICTORIA LAVIGNE
2006 - 07

MARK
2007 -

SHAWN TAYLOR
1999 - 00

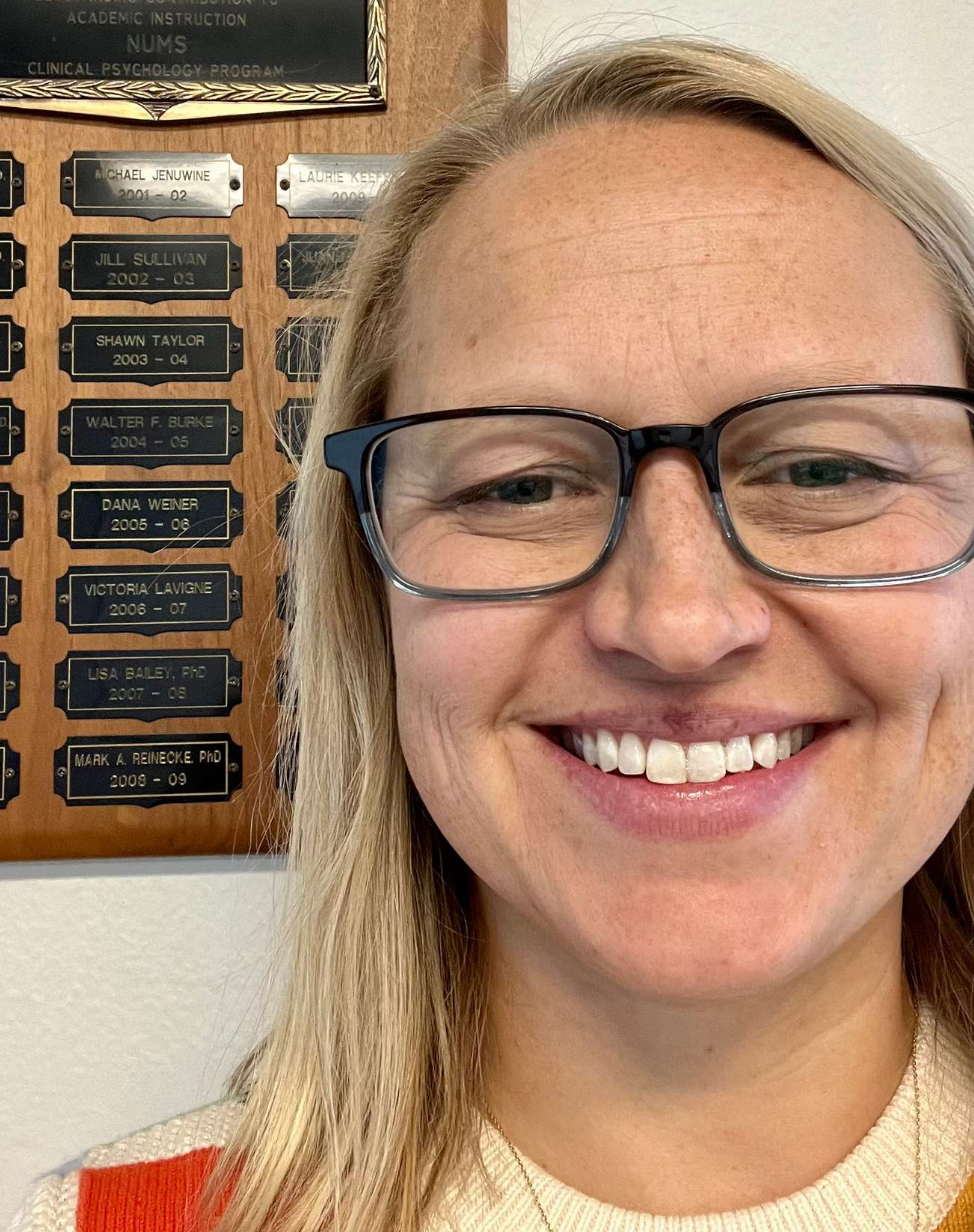
LISA BAILEY, PhD
2007 - 08

MARK
2008 -

JILL SULLIVAN
2000 - 01

MARK A. REINECKE, PhD
2008 - 09

MARK
2009 -



The bad days are part of the journey



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Your Daily Reminder



**You are
loved**



**You are
enough**



**You are
worthy**



**You deserve
good things**



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**Not taking
any downtime
is the easiest
way to
burnout.**



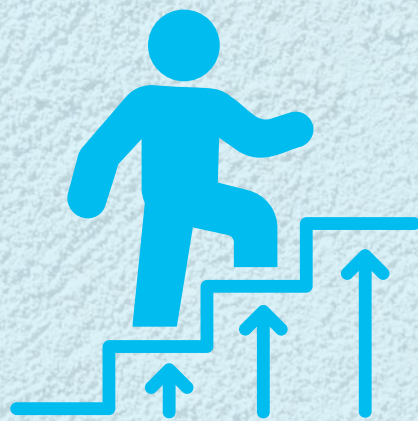
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**Thank yourself
for how far
you've come.
It hasn't
been easy!**



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**Progress
over
perfection.**



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+1773-830-4725

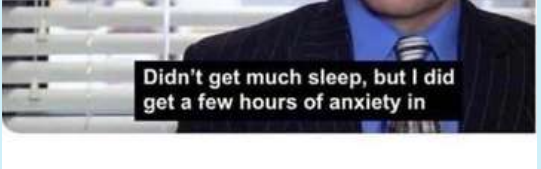
YOU ZONE OUT

CYNICISM & DOUBT

Enjoy Nature

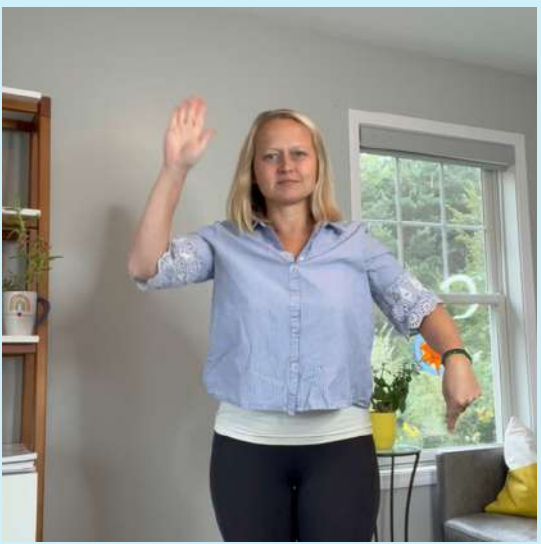
Get Enough Sleep

Exercise



Meredith Ireland
@MeredithIreland

Having a partner who doesn't have anxiety is wild. They're just... sitting there, maybe having a snack... not worried at all



Not taking any downtime is the easiest way to burnout.

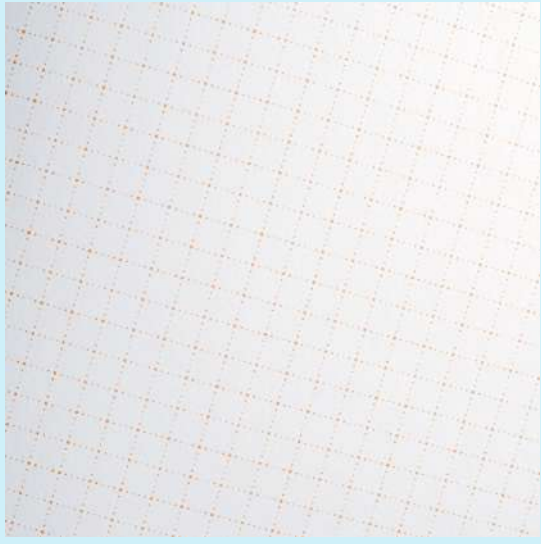
Roxi Horror @roxiqt

THERAPIST: And what do we say to set a boundary?

ME: I am setting this as a boundary as long as you are okay with it

THERAPIST: No!

9:02 PM · 25 Sep 22 · Twitter Web App



Roxi Horror @roxiqt

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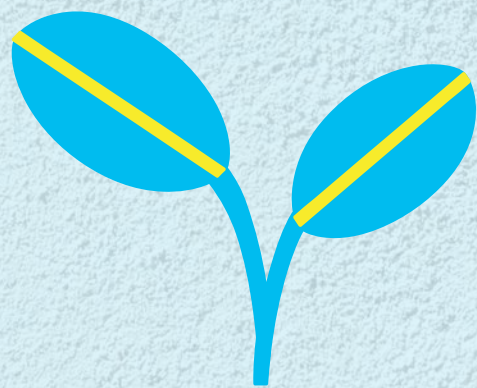
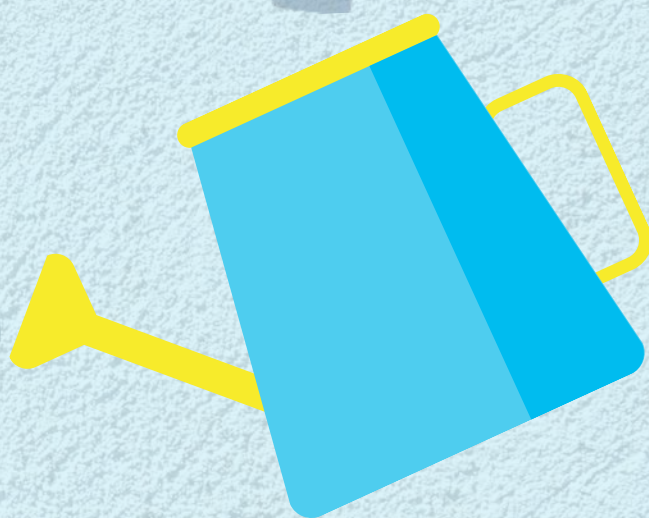
9:02 PM · 25 Sep 22 · Twitter Web App

If you're happy and you know it, overthink.
If you're happy and you know it, overthink.
If you're happy and you know it,
Give your brain a chance to blow it.
If you're happy and you know it, overthink.

The bad days are part of the journey



**YOU HAVE TO
TAKE CARE OF
YOURSELF**



**TO BE ABLE TO
TAKE CARE OF
OTHERS**

**Thank
yourself
for how far
you've come.
It hasn't
been easy!**



well brain

**Anxiety's like a
rocking chair. It
gives you something
to do, but it doesn't
get you very far.**



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How to know if you're having a panic attack?

Dizziness

Excessive worrying

Loss Of Appetite

Nausea

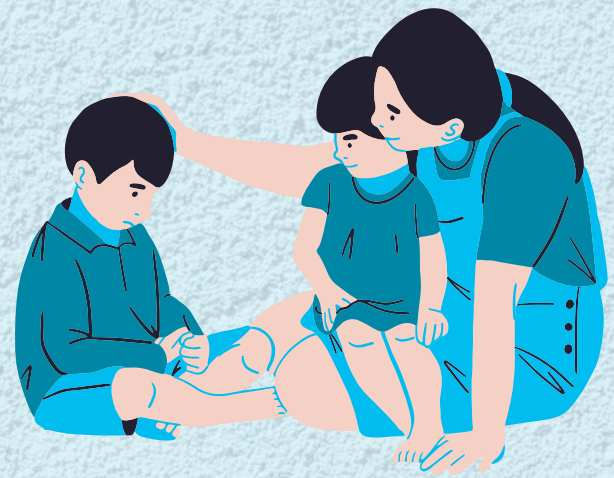
Sweating

Tenseness



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Does your child
complain
**about
these?**



**Butterflies
in tummy**

**Heart
beating
faster**

**Loss of
apetite**

**Like hiding
away**

**Lightheaded
& dizziness**

**Excessive
sweating**





On the surface, some of these may have you booking an appointment with a **Pediatrician**; but these are all actual physical symptoms of anxiety.



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All children will complain of these symptoms from time to time, but if your child has chronic stomach pain, he or she may be suffering from **stress and anxiety**.



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Signs of stress and anxiety in kids

→ Lack of energy

→ Headaches

→ Upset stomach
or vague
stomach ache

→ Being moody
and irritable

→ Change in
sleeping habits

→ Decreased
appetite



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Besides these signs, you can also check for **environmental factors and recurring patterns** — i.e. if your child always gets stomach ache before a birthday party or the night before school starts, that could be a sign of anxiety.



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How to help your child deal with anxiety

- ➔ **Teach them to recognise the signs of anxiety in themselves**
- ➔ **Practice healthy coping methods like belly breathing, fidget toys, and color books**
- ➔ **Schedule some time daily for their favorite relaxation activities**
- ➔ **Seek a counselor, if this is something recurring.**



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5 Ways to Improve Your Sleep For Better Mental Health

1

Stick To A Sleep Schedule

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Etiam imperdiet neque dolor, at molestie elit rh.

2

Watch What You Eat And Drink

3

Create A Restful Environment

4

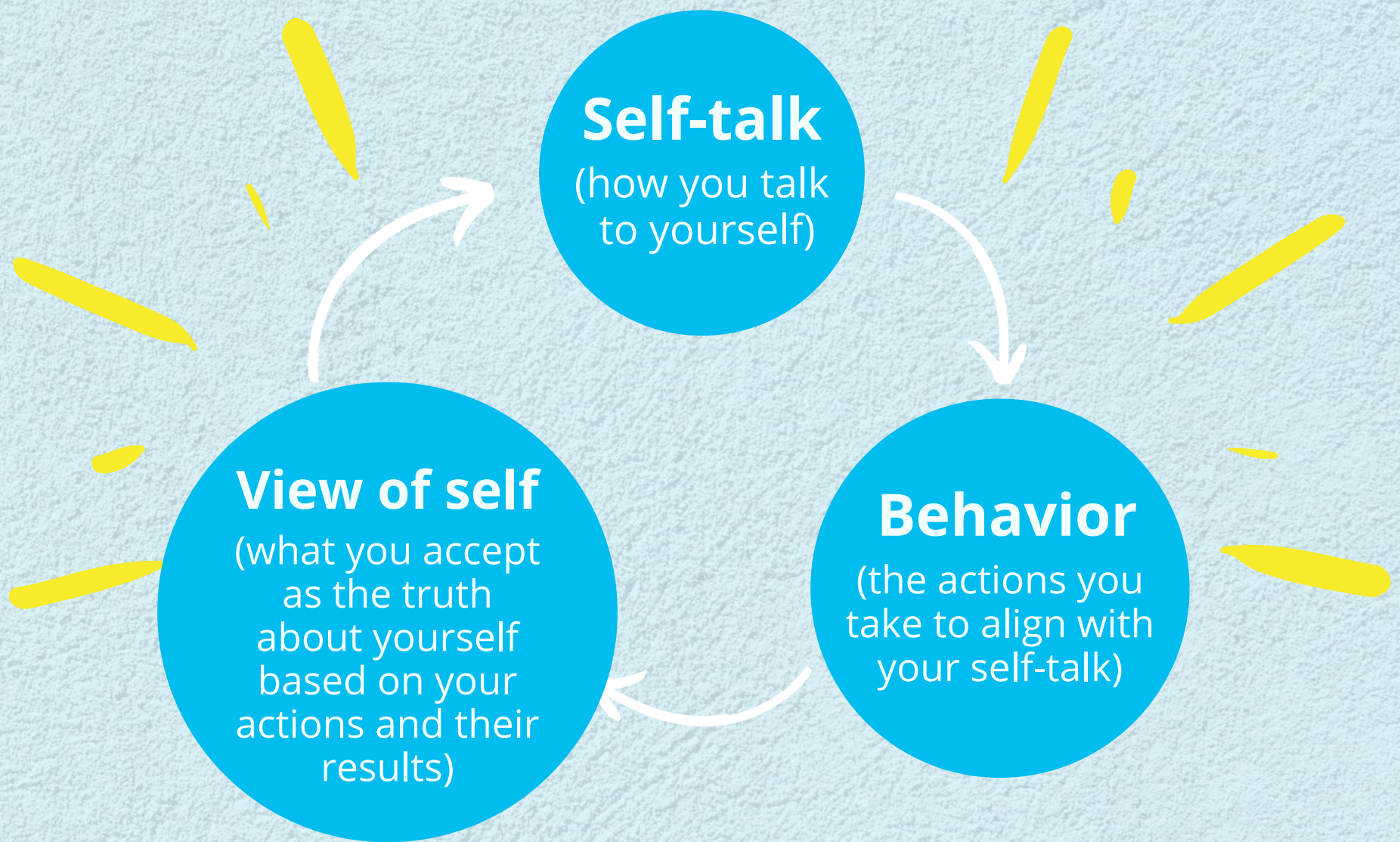
Limit Daytime Naps

5

Include Physical Activity



Triangle of Self-talk



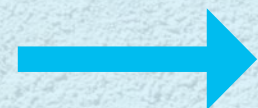
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The power of self-talk lies in the fact that our actions are often a direct result of our thoughts. If we think negatively about ourselves or our abilities, we are more likely to feel unmotivated or hesitant to take action.



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On the other hand, if we have a positive and empowering inner voice, we are more likely to feel confident and driven to achieve our goals!



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It's important to recognize that our self-talk can become a self-fulfilling prophecy. If we consistently tell ourselves that we are not good enough or that we will fail, we may eventually start to believe it and act accordingly. This can create a negative cycle that reinforces our negative beliefs about ourselves.



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However, by actively working to improve our self-talk, we can break this cycle and bring about positive change in our lives. We can start by paying attention to our thoughts and consciously shifting our inner dialogue to be more positive and encouraging.



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This can involve replacing negative self-talk with affirmations and empowering statements, focusing on our strengths rather than our weaknesses, and being kind and compassionate to ourselves.



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Follow us for more!

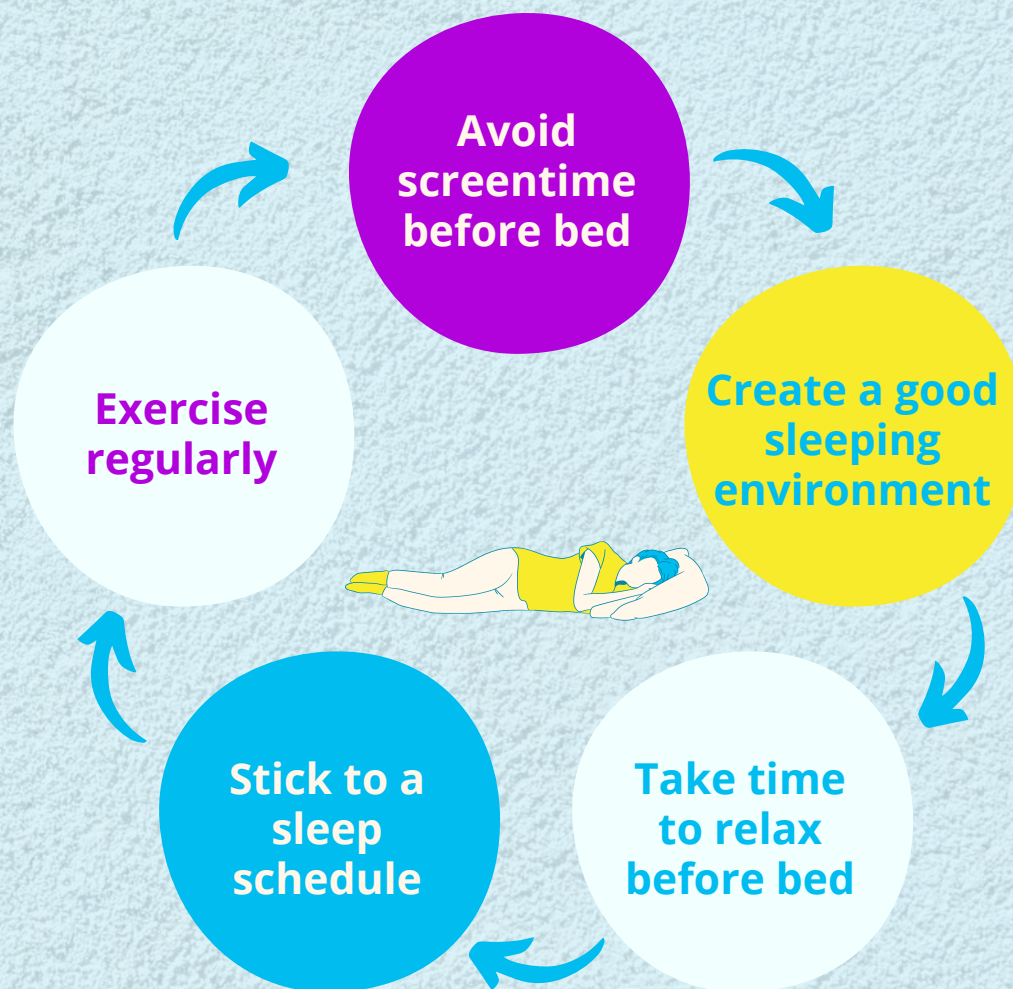


We train your brain for a happy,
healthy life!



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5 Ways to Improve Your Sleep Cycle For Better Mental Health



INSTEAD OF:



Telling
yourself that
you'll never be
able to figure
it out.



TRY THIS:



I'm learning
and this may
take some
time!

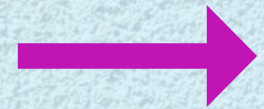


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INSTEAD OF:



Telling
yourself that
something is
wrong with
you.



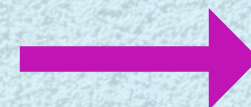
TRY THIS:



Nobody is
perfect, and I
do have some
good qualities



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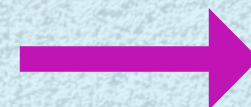


It's easy to fall into the trap of negative self-talk, especially when things don't go according to plan.

It's normal to feel disappointed or frustrated, but it's important to not let those feelings consume us.



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Instead of telling ourselves that something is inherently wrong with us, we need to focus on our strengths and acknowledge the good qualities that we possess.

Remember nobody is perfect. Everyone has flaws and makes mistakes. It's what makes us human.



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So, when you find yourself being overly critical of yourself, take a step back and practice some self-compassion.

Acknowledge your positive qualities and remind yourself that you are deserving of love and respect!



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S M A L L

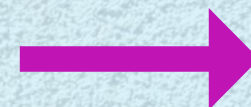
W I N S

A D D

U P



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Small wins add up. When it comes to our mental health, sometimes it can feel like progress is slow or non-existent. We might feel like we're stuck in a rut or that we're never going to get better. But the truth is, even the smallest victories can make a big difference.



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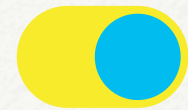
Maybe you woke up early today and had a healthy breakfast. Maybe you went for a walk outside, even though you didn't feel like it. Maybe you practiced deep breathing when you started to feel anxious. Whatever it is, these small wins deserve to be celebrated!



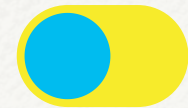
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Today I will

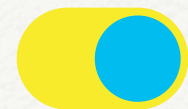
Keep a positive energy



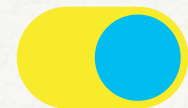
Worry less



Have more faith



Speak kindly to myself



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Reducing Overthinking: The ASK Technique

A

Active: Instead of dwelling on a problem, take action. Seek assistance, take breaks to move your body, and return to problem-solving with a fresh perspective.

S

Specific: Focus on identifying specific problems and potential solutions. Instead of generalizing negative experiences, pinpoint a particular issue and create a clear action plan.

K

Kind: Practice self-compassion by treating yourself with understanding and kindness. Accept that mistakes happen and allow yourself to feel disappointment or frustration. Avoid self-blame.



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Reminder



"IT'S OKAY TO SAY NO."

You don't have to say yes to everything — it's okay to put yourself first and say no to things that you don't want to do.



irene

@lanadelstayee



me every monday: ok let's try this
again



**Every new week or new
day is a chance to
start over.**



You may think

I **have** to do this all over again.



Or

I **get** to do this all over again.



**The second is liberating
because it lets you
know that the present
moment, however it
may be, **will pass
eventually** and you can
do it all over again!**



**If you did good
yesterday, you can
strive to do a little
better today.**



**And if you took two
steps back,
that's ok too
because you can take a
step **forward** today!**

5 Mantras for Moms

**Having healthy boundaries
makes me a better parent**

I deserve to feel joy

I am enough

**I am the perfect mother for my
child**

**A bad day doesn't make me a
bad mom**

Mindful Breathing:
Take a few minutes to focus on your breath, feeling the sensation of the air entering & leaving your body.

Mindful Eating:
Take a moment to notice the taste, texture, and smell of your food. Eat slowly, savoring each bite.

Some Mindful Habits

Mindful Walking:
Take a walk in nature and pay attention to your surroundings, noticing the colors, shapes, and textures of the environment.

Mindful Listening:
Give your full attention to the person speaking to you, without interrupting or thinking about what to say next.