



Cognition, Mindsets, and Well-being

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Problematic Mindsets



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- Viewing performance as identity



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- Personalization and self-blame



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- Feelings of inadequacy, embarrassment, and shame



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- Impostor phenomenon



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- Impostor phenomenon
- Fixed versus growth mindset



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- Pessimistic explanatory style
- Maladaptive perfectionism
- Impostor phenomenon
- Fixed versus growth mindset
- Cognitive distortions (multiple)





But There's Hope!!!





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It's up to you to create meaning from experience.





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It's up to you to create meaning from experience.

And you can do that more positively by cultivating metacognition skills and mindful awareness





Cognitive Restructuring



Cognitive Restructuring

ADVERSE EVENT = OUTCOME



Cognitive Restructuring

ADVERSE EVENT = OUTCOME

False!!

ADVERSE EVENT + YOUR
COGNITIVE/EMOTIONAL REACTION
= OUTCOME



Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing



Cognitive Restructuring

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- Magnifying or catastrophizing
- All or nothing thinking



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- Tunnel vision



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- Perfectionistic thinking
- I'm the only one struggling this much (Stanford Duck)





Cognitive Restructuring

Common Cognitive/Emotional Distortions

- Magnifying or catastrophizing
- All or nothing thinking
- Overgeneralization
- Tunnel vision
- Fortune-telling
- Personalization and blame
- Mind-reading
- Perfectionistic thinking
- I'm the only one suffering this much (Stanford Duck)
- Disbelief if anyone tries to counter one's distortions





Cognitive Restructuring

How to Counter





Cognitive Restructuring

How to Counter

Notice





Cognitive Restructuring

How to Counter

Notice
Label





Cognitive Restructuring

How to Counter

Notice
Label
Dispute



Well-being Toolbox

Cognitive restructuring



Well-being Toolbox

Cognitive restructuring
Cultivating mindful awareness



Cultivating Mindful Awareness



Cultivating Mindful Awareness

Informal practice

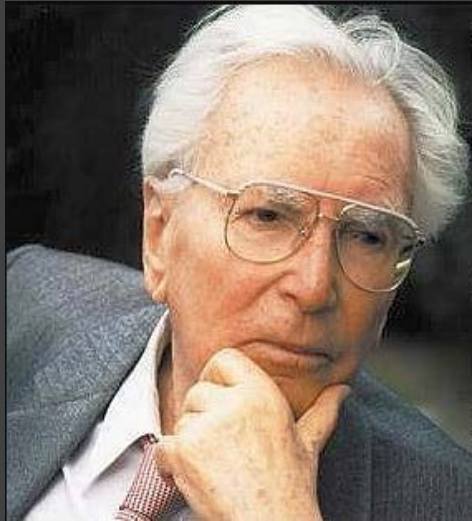


Well-being Toolbox

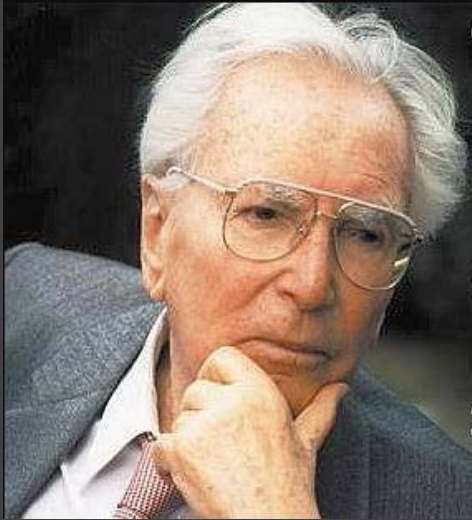
- Cognitive restructuring
- Cultivating mindful awareness
- Combating negativity bias
- Cultivating optimism
- Cultivating positive emotions
- Emotional self-regulation
- Dealing with difficult people
- Investing in well-being
- Avoiding learned helplessness
- Generosity and gratitude
- Finding meaning



Viktor Frankl



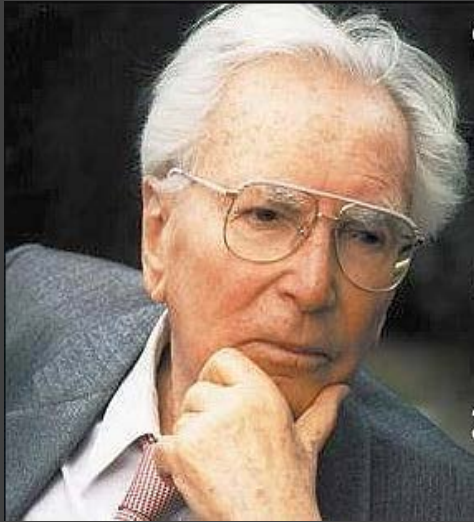
Viktor Frankl



There is nothing in the world, I venture to say, that would so effectively help one to survive even the worst conditions as the knowledge that there is a meaning in one's life.



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There is much wisdom in the words of Nietzsche, "He who has a why to live for can bear almost any how."



