



Rewind Your Mind

Emotional Well-being

During uncertain times

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The quest for certainty blocks the search for meaning. Uncertainty is the very condition to impel man to unfold his powers. – Erich Fromm



This speaks volumes for what we are currently going through – Uncertainty.

And uncertainty is definitely something that humans don't enjoy. We don't particularly like it. But it is also the very condition to compel man to unfold his powers.

It is a space for us to utilise to find out who we really are and what we are capable of. So, uncertainty have a flipside to it.

Now there's this element of we don't know what we are facing right now, so there's the element of fear, but on the flipside of it we can find out what we are made of. So have this in the back of your mind throughout this eBook.

Why is an outbreak this challenging for us?

- Humans fear the unknown
- Fear for ourselves and our families
- Life can change in an instant
- When we are fearful, we focus on the negative

Where to start?

- Accept the fear
- Focus on 'factfulness' and positive stories
- Watch your media intake: Headlines are designed to report extremes

Accept the fact that we are fearful, and that's okay. Fear in itself is not bad, it is something that we experience that serves us well, protect us from danger and do all kinds of great things.

However, ask yourself – 'Am I running with the fear?' or am I simply accepting the fear and do what I can to mitigate it. And that's the most important part. We want to be in a space where we mitigate our fears, accepting it, but not allowing the fear to control us.

To do that you need to look for the facts. Only look at information or websites that can give you the true facts and scientific information, instead of looking at the general media.

There is no 'they'
or 'them'.
There's only 'us'

We are all going through the same thing. A virus knows no boundaries, it knows no boundaries or differences in our DNA.

Our brain is programmed to be negatively biased. It likes to focus on negative or sad, shocking or extreme stories. That is what our brain really thrives on and likes, so headlines are designed to focus on that.

How do we Cope?

- Focus on what you can control
- Use common sense
- Create a mission statement
- Get involved
- Talk, Talk, Talk
- Laugh as much as possible
- Build relationships through technology

**No-one controls
your thinking,
but YOU!**

One person sees an accident and reports it. Another person saw the exact same accident but reports something different because they saw different things and were aware of different things.

Thus, the accident happened, but the way we experience it is very individual. Our thinking creates an experience we are having at any moment.

- Create a mission statement

What do we want to make with this new normal? What do we want to do with our time? The way we work. The way we do things. Creating better work-life balance. What can we do to make this more meaningful?

**You are not
alone in this.**

Manage your anxiety

- Know what does and does not work for you
- Remind yourself of the facts
- Be preventative
- Practice empathy with yourself and others



Parenting

- Let your children be children
- Talk to them about the events
- Be accurate about the severity
- Encourage them to be compassionate
- Look for signs of anxiety

Best techniques for you and your family

- **Therapy** – Cognitive Behaviour Therapy, Hypnotherapy or Psychotherapy
Focus on changing thinking and attitudes, then behaviours
Challenge your thinking
- **Breathing techniques**
Diaphragmatic breathing or 4-7-8 breathing technique are both very good
- **Distractions**
Turn off the media
- **Stay away from 'worriers'**
- **Become part of a solution**

Unhelpful Thinking Styles

<p>All or nothing thinking</p>  <p>Sometimes called 'black and white thinking'</p> <p><i>If I'm not perfect I have failed</i></p> <p><i>Either I do it right or not at all</i></p>	<p>Over-generalising</p>  <p>Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw</p>
<p>Mental filter</p>  <p>Only paying attention to certain types of evidence.</p> <p><i>Noticing our failures but not seeing our successes</i></p>	<p>Disqualifying the positive</p>  <p>Discounting the good things that have happened or that you have done for some reason or another</p> <p><i>That doesn't count</i></p>
<p>Jumping to conclusions</p>  <p>There are two key types of jumping to conclusions:</p> <ul style="list-style-type: none"> • Mind reading (imagining we know what others are thinking) • Fortune telling (predicting the future) 	<p>Magnification (catastrophising) & minimisation</p>  <p>Blowing things out of proportion (catastrophising), or inappropriately shrinking something to make it seem less important</p>
<p>Emotional reasoning</p>  <p>Assuming that because we feel a certain way what we think must be true.</p> <p><i>I feel embarrassed so I must be an idiot</i></p>	<p>should must</p> <p>Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed</p> <p>If we apply 'shoulds' to other people the result is often frustration</p>
<p>Labelling</p>  <p>Assigning labels to ourselves or other people</p> <p><i>I'm a loser</i> <i>I'm completely useless</i> <i>They're such an idiot</i></p>	<p>Personalisation</p> <p>"this is my fault"</p> <p>Blaming yourself or taking responsibility for something that wasn't completely your fault. Conversely, blaming other people for something that was your fault.</p>



I can't control when or if something bad happens. It is out of my hands, and no amount of worrying will prevent it.

But I do control how I respond to the rest of the world around me and how I take care of myself.



I hope this information has been valuable and useful too you. I wish for all of us to move through this and come out on the other end as a better human race.

Should you need additional help and would like to work with me on a 121 basis online, then please feel free to get in touch.

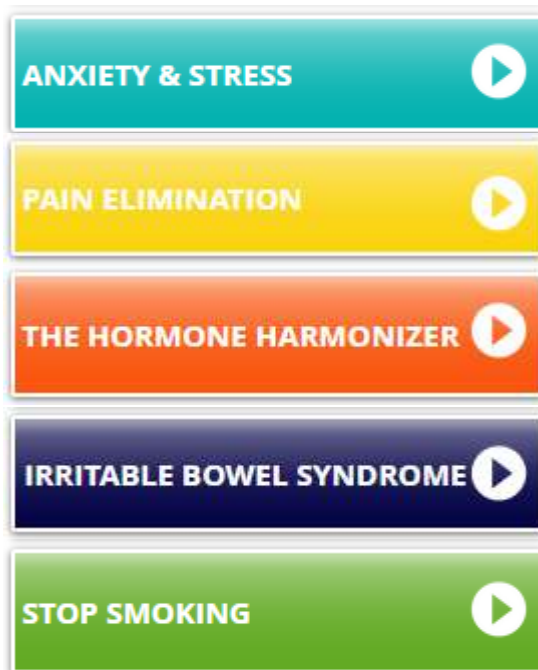
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