



Power of Positive Thinking

with

Dr. DeAnn Smetana, D.BH, LMHC, LPC, NCC
Kaiser Permanente, Health Education

Agenda Slide

Introduction To How The Brain Works

Mirror Neurons, Semantic Priming, Negative Bias

Activity Cards

Methods To Change Your Brain

Closing and Next Steps

Thinking Positively

Your thoughts, moods,
attitudes and behaviors
STRONGLY affect your
health and well-being

-Jessica's Positive Affirmation



Mirror Neurons



Mirror Neurons

Negative Bias



Fast Brain – Slow Brain

“We fear loss, more than we desire gain”

The Quick and Dirty

“Achieve Gain”

- Fast
- Instinctive
- Emotional
- Jumps to Conclusions

Illusion of Control

“Avert Loss”

- Slow
- Deliberate
- Methodical
- Forms Biases

Word Association

Semantic Priming: “The Florida Effect”



Advantages of Being Positive

- Lower Incidence of Disease
- Higher Reporting of Positive Mood
- Healthy Relationships



Next Steps:



Creating Calm and Happiness in Everyday Life

Retrain the Brain

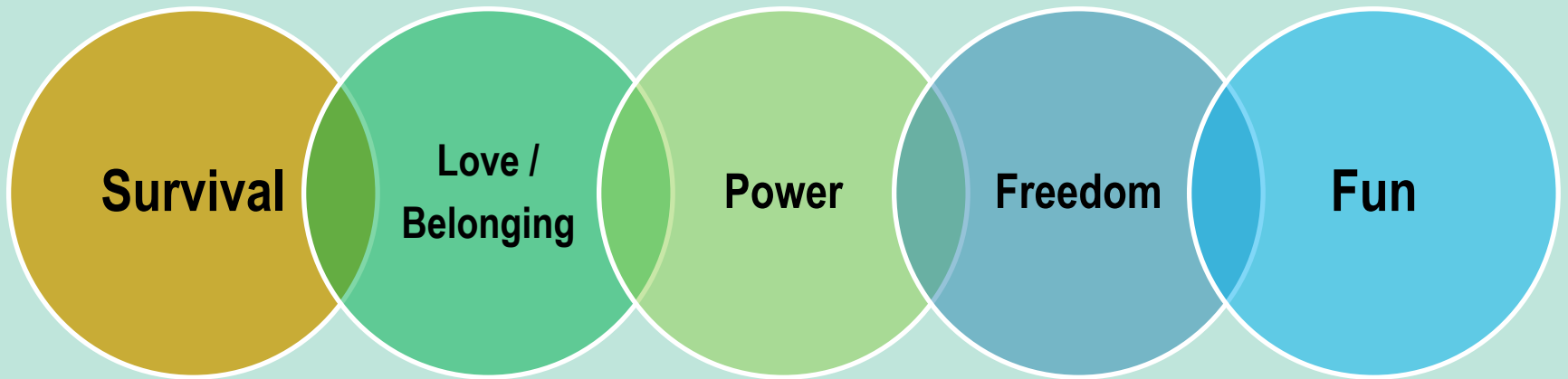
- “Neurons that fire together, wire together,” (Hebb, 1949)
- Each time we practice positive thinking, it strengthens key neural circuits. It is like building a muscle in the gym.
- Start to retrain the brain to search for positive more than negative.

Word of the Day: Positive Priming

- Start the day with a new word
- Stop and think what that word means to you
- How can you use this word to create a “mini vacation” everyday
- Repeat positive calming word multiple times throughout the day



Create a Life in Balance



— William Glasser's Reality Therapy

Engage in Stress Prevention

- Schedule “re-charge” times in your day
- To avoid isolation, get involved
- Take time for relaxation and fun
- Set boundaries between home and work



STRESS IS BRAIN TRASH.
EMPTY OFTEN.

KAISER PERMANENTE® **thrive**

Feelings: Coping

- Allowing and expressing your feelings
- Sharing your feelings with others
- Distracting yourself in constructive ways
- Prioritizing problems
 - Making a list of actions
 - Selecting actions
 - Begin taking action



Feelings: Acceptance

Permit What You Reject

“Know that whatever one rejects becomes a part of your life. If one cannot accept death, grief becomes a part of one’s life. If you cannot accept the past, it invades your present. Allow what you reject to exist. Then you can leave it behind.”

Feelings: Acceptance

Cultivate Grace

“Accept that bad and painful things will happen, and that life will be unfair. Face adversity with grace. Forgive others.”

Embrace Pain

“Acceptance does not take away painful feelings. It acknowledges and validates painful feelings – thus, taking the power out of them.”

Elevation

People who witness others performing good deeds experience an emotion called ‘elevation’ and this motivates them to perform their own good deeds.

(Haidt, 2000)



Mindfulness

- Act of slowing down, being present in the moment
- Appreciate surroundings
- Any time is an opportunity to practice mindfulness



Gratitude

- People who express gratitude on a regular basis have better physical health, optimism, progress toward goals, well-being and help others more (Emmons & Crumpler, 2000).



Three Grattitudes

1. _____
2. _____
3. _____





GRATITUDE

Next Steps

- Try the simplest changes first
- Don't wait to feel motivated
- Think of each step as a success

Resources to Learn More

- Talk with a Health Coach
 - Confidential consultations and ongoing coaching sessions
- Positive Psychology
- TED Talks
 - Shawn Achor
 - Dan Gilbert
- Rick Hanson “Buddha’s Brain”
 - Just one thing video (on you tube)
 - Simple ideas to practice every day

