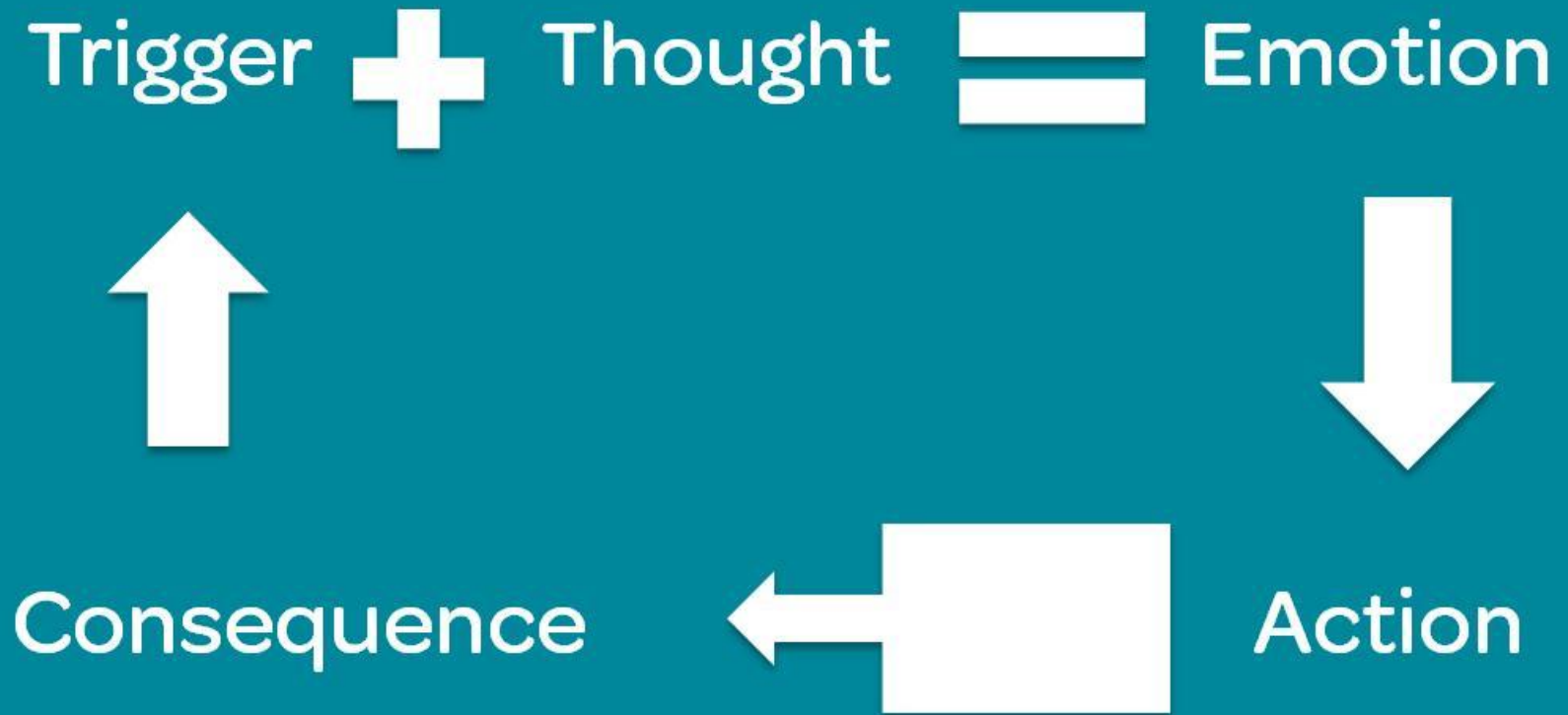


FARM  **STRONG**TM
Live Well Farm Well

What is Healthy Thinking

- A set of tools to change unhealthy emotions, attitudes and behaviours
- Developed by the Institute of Healthy Thinking and delivered by Dr Tom Mulholland
- Based on science and philosophy



Healthy or Unhealthy Emotions



Real alarms = Healthy Emotions

We need to know when an alarm emotion is telling us of real threat. We must answer those alarms with the fight or flight response.

e.g. When there's a fire, a fire engine is necessary



False alarms = Unhealthy Emotions

We must learn to brake the pattern by being able to discern between real alarms and false alarms when we detect alarm emotions.

False alarms often cause unhelpful actions from which arise unhealthy consequences

Isn't it time you TWIGGED?

Test whether alarm emotions are healthy or not with TWIG:

Is it **T**True

Is it **W**orth **I**t?

Does it help me achieve my **G**oal

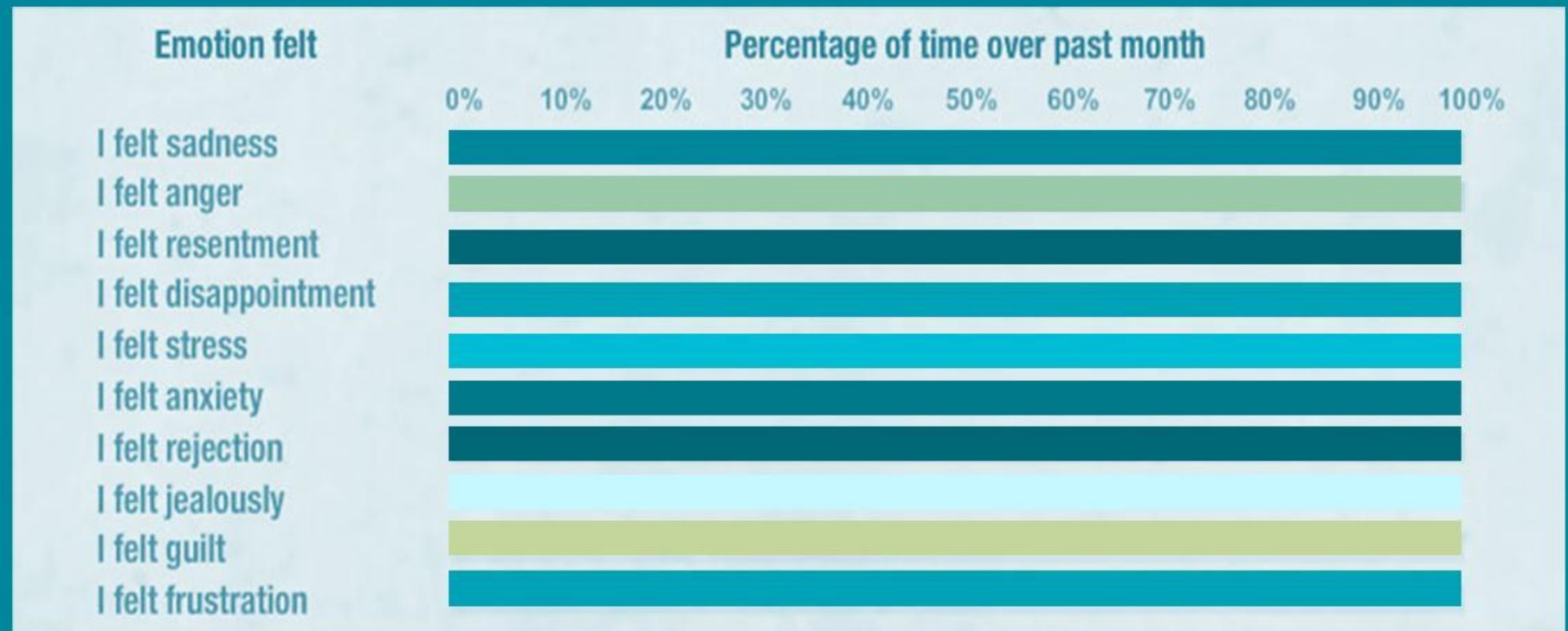
If the answer to any of these questions is NO, substitute new thoughts for old.

What do I do if I get 3 Yeses?

Address the trigger with A, B, C or D:

Either **A**lert the trigger
or **B**ypass the trigger
or **C**hange the trigger
or **D**elete the trigger

Your emotional index



Cognitive switches?



Cognitive Switch;

- A tool to help you change habitual thought patterns
- Gives you time to look for other, more helpful ways of responding
- Helps you look for an opportunity – ‘a silver lining within a threat’
- Helps you access new pathways within your brain to create healthy responses.

Examples of a cognitive switch are:

- We Che – Crisis + Opportunity
- “It is not what happens to me but my attitude to it that counts”
- “Life is not stressful, it is my view of the world that is”

