



INSPIRING INDIVIDUAL &
ORGANIZATIONAL CHANGE

The Power of our Thoughts in Mitigating Stress



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Our thoughts—or the way that we interpret events in our life (past, present, or future)—are integral to whether we emotionally feel stressed. Most of our thoughts are unconscious (i.e., below our level of awareness); however, with practice and over time you can train yourself to be more aware of your thoughts.

When you are having a stress-related thought, ask yourself: “is this thought serving a useful function?”

- Ask yourself how accurate and valid your appraisal is of a stressful situation.
- When you have had this thought in the past, how often were you right?
- Did what you worry or fear actually happen when you dealt with this stressor in the past?
- What would you say to a close friend in a similar situation?

We are all faced with stressors on a day-to-day basis... “stressors” become “stressful” when we are not sure how to handle an event or a situation or when our worry or anxiety associated with that stress fails to serve an ongoing purpose.

The situations that cause stress for you may not be a problem for your neighbor or friend or colleague, and things that bring stress to that same neighbor or friend or colleague may not worry you at all. **It is how you think about and react to certain events that determine whether you experience them as stressful or fairly easy to deal with.**

