

# The Pulse Newsletter



## BY THE NUMBERS

### 1 in 4 Adults

Suffers from a diagnosable mental disorder in a given year.



### 9.5% of Adults

Will suffer from a depressive illness each year



Source: *John Hopkins Medicine*



## MORE GOOD DAYS, TOGETHER

Mental Health America (MHA) is a nonprofit organization focused on the promotion of mental health and prevention. This year, their theme is *More Good Days, Together*. Check out the link above on defining good days and working together for more good days!

## FOCUS

### Healthy Thoughts

With over 60,000 thoughts passing through our minds every day, practicing self-awareness, managing stress, and focusing on supportive inner dialogue can strengthen resilience and emotional wellbeing.

In recognition of mental health awareness month, this edition's newsletter is about how a little shift in mindset can make the difference.



## DETAIL

### Let's reframe unhelpful thoughts

By Isaac A. Cruz, Sr. Population Health & Wellbeing Consultant

Feeling anxious, worried, or overwhelmed every now and then? Totally normal. Life, work, and the everyday hustle are bound to trigger these feelings. The key is **how we respond to those thoughts**. Reframing these thoughts is a simple practice: notice an unhealthy thought, then gently shift it into something more balanced and supportive. The Mayo Clinic has a few examples on how to reframe negative self-talk to positive thinking:

Negative Self-Talk	Positive Thinking
I'm not going to get any better at this.	I'll give it another try.
There's no way it will work.	I can try to make it work.
It's too complicated.	I'll tackle it from a different angle.

There are health benefits of positive thinking such as greater resistance to illnesses to lower rates of depression and distress. Shifting your mindset does not mean you are ignoring challenges, but it is giving yourself a more optimistic perspective so you can move forward with confidence.