

Facing Your Fears and Building Mental Strength

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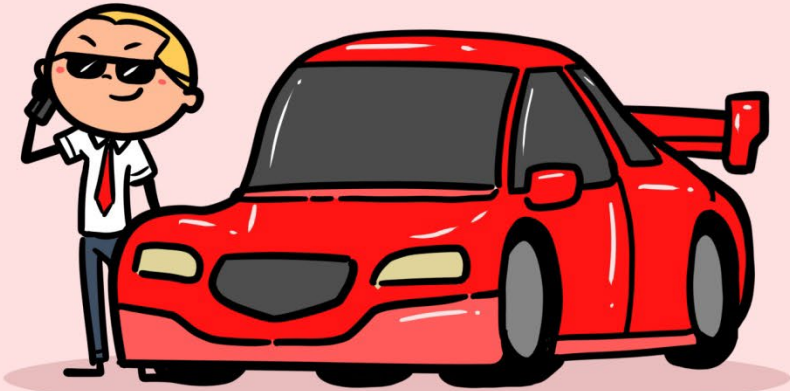
May 6, 2023



Learning Objectives

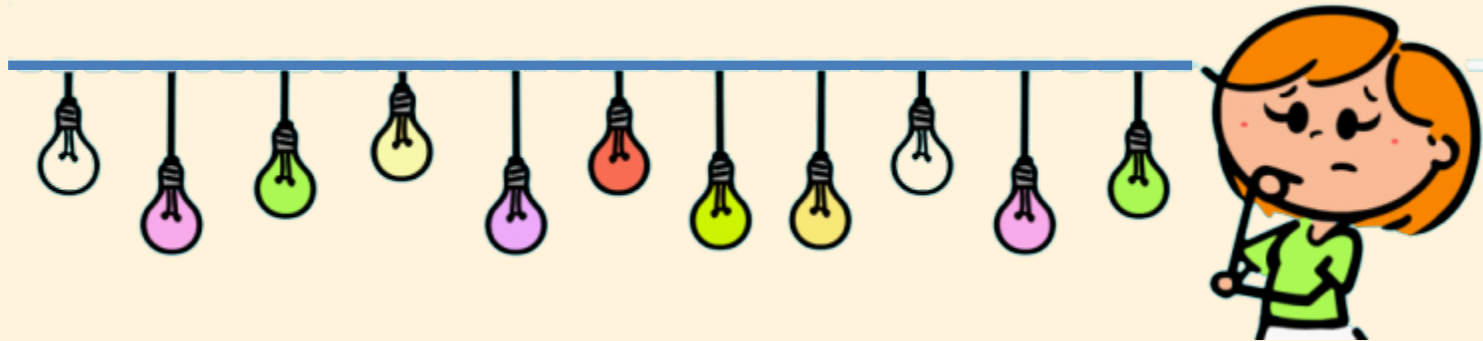
- ✓ Able to describe mental strength
- ✓ Able to identify strategies for managing emotions
- ✓ Able to identify strategies for shifting thoughts
- ✓ Able to identify strategies for effective behavior change

What sounds scarier?



THINKING EXERCISES

RAISE YOUR LOGIC



Write Yourself a Kind Letter



CHANGE THE CHANNEL



Look at Other People as Opinion Holders



FEELING EXERCISES

LABEL YOUR FEELINGS

Happy anxious

sad scared

hopeful mad

excited

disappointed

embarrassed



ASK YOURSELF WHETHER
YOUR FEELINGS ARE A
FRIEND OR ENEMY



STUDY FAMOUS FAILURES



SCHEDULE TIME TO WORRY



BEHAVIORAL EXERCISES

PLAY TO WIN



USE THE 10-MINUTE RULE



CHANGE YOUR LANGUAGE



TRACK YOUR PROGRESS

