Thought challenging is a simple yet powerful cognitive behavioral therapy (CBT) for reducing anxiety. Here are two thought challenging techniques you can experiment with. Keep practicing and discover what works best for you.

The THINK Technique

True? Is this thought 100% true? If not, what are the facts and what is opinion?

Helpful? Is paying attention to the thought useful to me or others?

Inspiring? Does the thought inspire me or does it have the opposite effect?

Necessary? Is it important for me to focus on the thought? Is it necessary to act on it?

Kind? Is the thought kind? If not, what would be a kinder thought?

The ABCDE Technique

Attention. When you feel distressed, stop what you’re doing and pay attention to your inner dialogue. What is your mind telling you?

Believe? Do not automatically believe your thoughts!

Challenge. Diffuse anxiety by broadening your focus. What’s the bigger picture? Is the thought fact or opinion? What might you think if you were feeling calmer?

Discount. Acknowledge that anxiety has been dominating your thinking and let the unhelpful thoughts go.

Explore Options. What would be helpful to focus on right now? What options do I have available?

Take Care of Yourself

Fear and anxiety about COVID-19 can be stressful. Here are some tips to help you manage stress and anxiety.

- Practice good self-care
- Minimize exposure to media/news
- Get facts from reputable sources
- Acknowledge feelings
- Eat well, go for a walk, talk with family and friends
- Focus on things in life that are going well and what you can control
- Practice relaxation techniques

For more help, check out our Coronavirus Resources. Go to employees.concernhealth.com and login with your company code.

When to get help

If you’re feeling overwhelmed and stress is interfering with your everyday life, consulting with a counselor may be beneficial. For a consultation with CHAC, call 650-965-2020 or visit our website chacmv.org.

Source: The Wellness Society

hello@thewellnesssociety.org