

POSITIVE PSYCHOLOGY

VOLUME 20 - ISSUE 11 - STALL SEAT JOURNAL - OFFICE OF HEALTH PROMOTION - DEPARTMENT OF STUDENT HEALTH AND WELLNESS - UNIVERSITY OF VIRGINIA

Sometimes we underestimate our resilience and well-being while overestimating our problems, making them seem more urgent. While we can't eliminate negative emotions, reframing them to make room for more positive ones can lead to more satisfaction, contentment, and a more realistic view of our lives.

Crush ANTs

Sometimes we have **Automatic Negative Thoughts (ANTs)** during times of stress or difficulty. ANTs are based on cognitive biases and can feel more true than they actually are. If you have an ANT, notice that you're falling into a negative pattern of thought. Try reframing those pesky ANTs by rewording your thought!

Absolutes: "I'm the only one who doesn't have a close group of friends."

Correction: "I haven't made close friends yet, but there are plenty of opportunities to meet new people."

Catastrophizing: "I failed my exam, now I'm going to fail the class and never get into grad school!"

Correction: "I tried my best studying, but that was a really hard exam. My value is more than the grade I earn in this class."

Fortune Telling: "I didn't get the internship I applied for, now I'll never find one!"

Correction: "Maybe that internship wasn't the right fit for me. I'll keep looking to see what might fit better."

Mind Reading: "My friends didn't invite me to come over, they must not like me."

Correction: "Maybe it was a last minute idea and they knew I've been busy with other things."

Attitude of Gratitude

Try out this simple exercise:

Each day take a minute to reflect. Think of three good things that went well during the day, which may be easier on some days rather than others. Write these three things down. Once this practice is a habit, many notice that they can see the good in every day.

WORD OF THE DAY:

Eudaimonia; "the good life"

When we feel good about ourselves we tend to radiate it outward.

*This concept was introduced by Aristotle around 340 BCE

HOO? KNEW!

Most UVA students do something they find restorative, like art or reading, to feel better.*

Resources

Madison House HELP Line: (434)295-TALK. No issue is too big or too small. They're here to listen.

Maxine Platzer Lynn Women's Center: Provides support and counseling for students of all genders and for all concerns.

Peer Health Educators: (434)924-1509. One-on-one peer education sessions for mental wellness and other topics.

Silver Cloud: Silver Cloud is a free online resource available to UVA students. It offers immediate access to online programs for managing anxiety, depression, and stress, tailored to the student's needs. The programs consist of eight modules with interactive activities to complete at your own pace. Check it out at virginia.silvercloudhealth.com/signup

What to expect at CAPS: If a student is considering seeking help at CAPS, they can call (434)243-5150. During this call the student will be scheduled for an intake appointment, an in-person meeting where the student fills out a questionnaire and a counselor meets with them to discuss their concerns. *All sessions are free and non-binding.*

Help the Stall Seat Journal and win prizes!
Please take the NCHA survey if you receive an email invitation.

HOO? KNEW!

3 out of 4 UVA students practice gratitude.*