Positive emotional triggers

FLIP it: thinking

This session helps people recognise how to be in control of feelings by managing their thoughts.

Time: 10 mins
Resource: Space
             Chairs
             Quiet room

1. Introduce the activity:

This session introduces a technique to control negative feelings and reframe situations, allowing people to feel, think and act more positively.

2. Ask for a show of hands from people who sometimes feel stressed, apprehensive, worried and unconfident.
Everyone will probably show their hands, as these feelings are normal.

3. When seated, ask delegates to rest their heads on folded arms and close their eyes.

Encourage them to listen to the space around them.

4. Ask them to listen for sounds outside and within their own bodies.

With eyes still shut, ask the group to remember a place and time where everything felt great.

5. Encourage them to hold this memory and absorb the atmosphere, the smells, the touch, tastes and sights. Ask them to think of all the feelings associated with that memory.

Slowly ask the group open their eyes.

Running the session:

Participants can use imagination to return to their chosen memory in future when negative thoughts and feelings come to the fore. This practice will help them flip negative thoughts and behaviours into positive ones by shifting mood.

This is an example of using 'thinking anchors' as a way to connect and potentially rewire the brain through thoughts or behaviours. The more you think about your 'soothing spot' the more it will work to change the way you feel.

Theory:

We all have the capacity to take control of the way we think and behave. The key is to develop a heightened state of self-awareness and to concentrate on strong positive emotions that can then be used to demonstrate positive behaviours.

The session displays how anchors can be used to change mindset and behaviours from negative to positive. It is easy to do if practised regularly and the more it is done, the stronger the anchors and brain connections become.

The link below explains how anchors are created.

https://youtu.be/KyHr8SOWBHI