

Lifelong Balance

» MINDSET FOR LASTING CHANGE



Welcome to class! We will begin shortly!

Today's Discussion

Mindset for Lasting Change

Today's Discussion

1

Recognize
importance
of thoughts

2

Understand
self-talk

3

Practice
gratitude

What do you want to spend the
most time talking about today?



What is Stress

- Stress is your reaction to a perceived challenge, demand, or threat
- It often feels like physical or mental tension

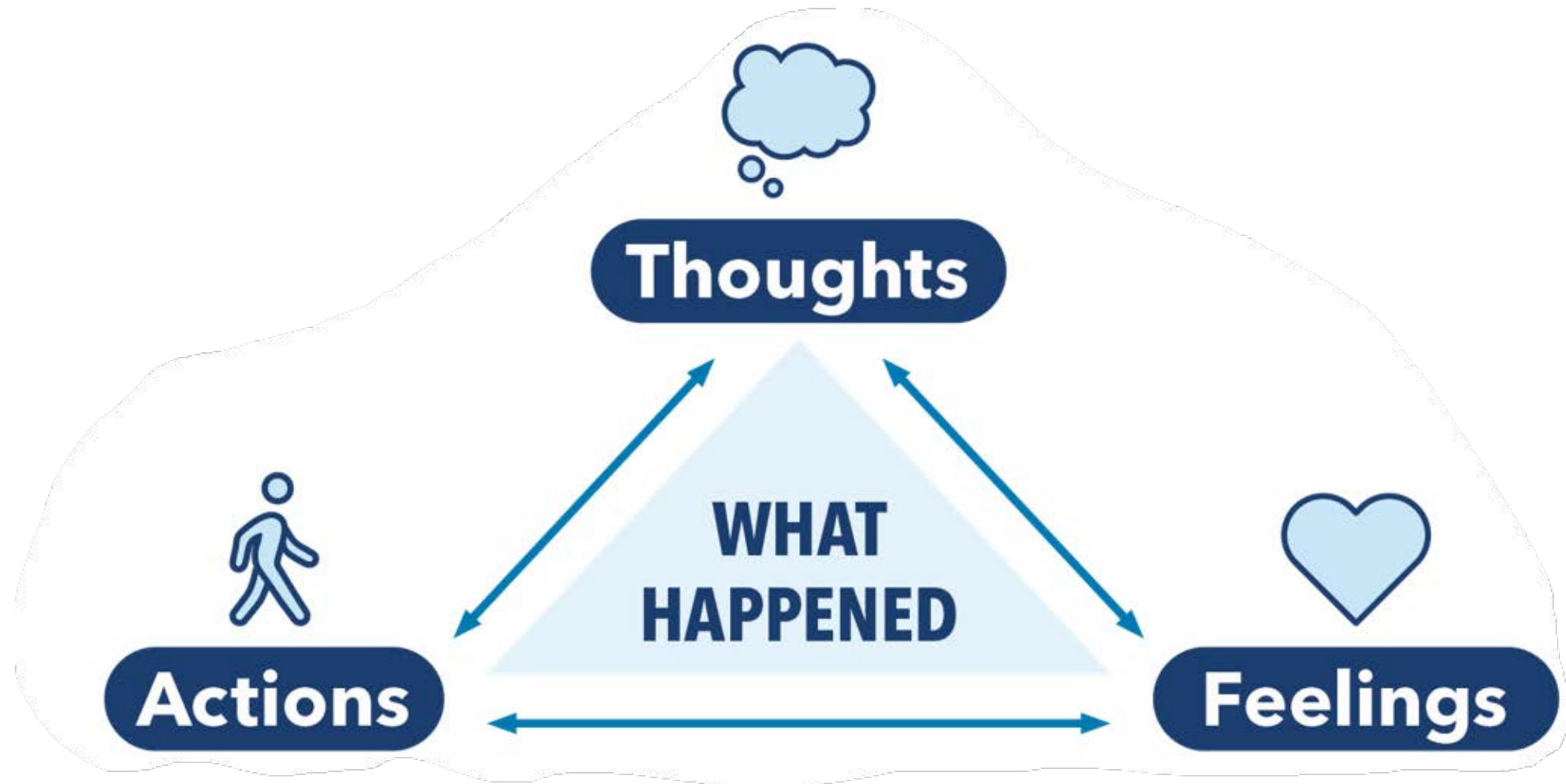


Negativity Bias

- Stressful thoughts can cause negative thinking or negativity bias
- Negative experiences stick more easily in the brain, while positive ones often slide out



Thoughts-Feelings-Actions Triangle



Importance of Self-Talk

- Self-talk = your inner dialogue
 - How you speak to yourself about you, others, and the world
- Patterns of thought shape beliefs and experiences
- Brain scans show chronic negative self-talk can shrink brain structures important for:
 - Mood
 - Motivation
 - Relationships



Managing Stressful Thoughts

Stressful thoughts are:

- *Normal*
- *Observed in all people*
- *A bridge to success*
- *Helpful to overcome problems*



"Stress is not always harmful." - Kelly McGonigal

The Placebo Effect

- The placebo effect happens when you experience real benefits from something that has no active medical ingredient
- **Your belief and expectation trigger positive changes in your body**
- Research shows it can influence pain, mood, energy, and even stress response



The Power of Mindset

- Your mindset shapes how stress affects you
- When you shift perspective, your body responds positively

Ideas for Practice

- cultivate a positive stress mindset
- view stress not as a threat
- see stress as a sign that your body is preparing to meet a challenge

This mindset shift has a positive placebo-like effect on your body

Shift From Self-Criticism to Self-Compassion

- If criticism hasn't helped you grow... try self-approval instead
- Self-compassion motivates more than self-criticism

What if you tried supporting yourself instead of criticizing yourself?



Mindfulness Helps You Notice Your Thoughts



"If I don't exercise every day, my health will suffer"

"I'm going to slip up and ruin everything"

"What if I struggle to maintain a healthy weight?"

If you notice negative thoughts, label them as "just thoughts"

Reframe Your Thoughts

"If I don't exercise every day, my health will suffer"



"Being flexible is part of my health plan"

"What if I struggle to maintain a healthy weight?"



"I sometimes make mistakes, but I also have many successes"

"I'm going to slip up and ruin everything"



"I'm working towards a healthy lifestyle"

Eating Healthier: Reframing Thoughts

**How could we
reframe this into a
more supportive
thought?**

My nutrition
plan is too
restrictive!



Alternative Positive Thought



I'm finding new
ways to enjoy
healthy foods!

Feeling: Inspired and hopeful

Action: Create and eat a
healthy meal

Result: Feeling accomplished
(Could be another thought,
feeling, action, and/or body
sensation)

How Self Talk Changes the Brain

- Negative self-talk can weaken brain regions linked to mood, motivation, and connection
- Positive self-talk helps these areas recover and strengthen
- Small daily shifts in thinking = real brain changes over time



Positive Thoughts/Affirmations

These build:

- Confidence to keep going
- Empowerment to make different choices
- Enthusiasm for healthy changes



Affirmation Examples

"I am stronger
than I think."

"I am capable
of making
positive
changes."

"I am in the
process of being
the best version
of myself."

"I give myself
permission to
grow and
improve."

Gratitude and Happiness

- Focus on what's going well
- Gratitude increases brain chemicals that regulate mood and boost happiness
- Thankfulness strengthens positive thoughts and resilience



What are you grateful for?

- **Health**
- **Family**
- **Friends**
- **Career**
- **Growth**
- **Spirituality**
- **Other?**



Share one thing you are grateful for today

Gratitude Journal Challenge

Write down 1-5 things
you are grateful for
each day this week

See how you feel...





Self-care apps for emotional wellness

Get help with anxiety, stress, sleep, mood, and more – 24/7, at no cost to Kaiser Permanente members.



Calm is the number one app for sleep, meditation, and relaxation*



Headspace Care (formerly called Ginger) provides 1-on-1 emotional support coaching by text and self-care activities

*Calm is the number one app for sleep, meditation, and relaxation. Learn more at calm.com/blog/about.



Visit kp.org/selfcareapps to get started

This Week

Choose a weekly goal, or make up your own:



Practice mindfulness
strategies



Increase
activity



Keep a gratitude
journal



Other

Action Plan

Make it Personal

» Strengthening Your "How"

Your personal action plan should be specific, realistic, and something you can do this week.

Weekly Goal

What first step would you like to take this week?

Action Plan

Make it **SMART**



Specific



Measurable



Action-
Oriented



Realistic



Timely

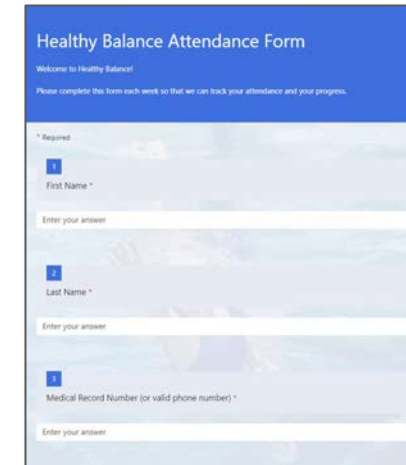
I will do one, 20 second interval session this week.

Lifelong Balance

» SUGAR & YOUR HEALTH

Discussion/Reflection Question:

In what ways does sugar make healthy eating easier or harder for you?



A screenshot of a digital attendance form titled "Healthy Balance Attendance Form". The form has a blue header with the title and a welcome message. Below the header, there are three required fields: "First Name", "Last Name", and "Medical Record Number (or valid phone number)". Each field has a blue square icon with a white "i" and an asterisk indicating it is required. The form is set against a background image of a person's hands holding a glass of water.

Have you filled out the attendance form?

Lifelong Balance

Your feedback matters—and it's completely anonymous.

Please take a moment to share your thoughts. Honest feedback helps us improve Lifelong Balance for everyone.

Complete the survey by clicking the link in the chat or scanning the QR code.



SCAN ME

