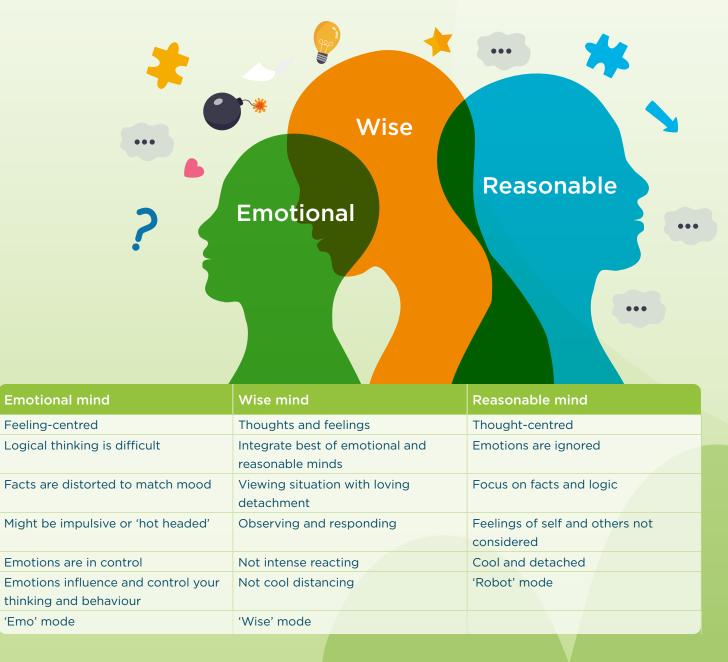
Wellbeing in Mind
Communication in Mind
Skills in Mind
Mood in Mind
Activities in Mind



PRIVATE HEALTHCARE

Wise Mind

Three States of Mind



Emotional mind

What thoughts did I have? What disturbed me? What am I reacting to? What am I feeling?

Reasonable mind

What is the evidence? What are the facts of the situation? What would a logical friend say?

Wise mind

What would wise mind think?What is the bigger picture?What might be the consequences of my reactions?What is the best response for me and others in this situation?What will be the most helpful and effective response – all things considered?

