

Changing Your Perceptions to Positively Impact Your Wellbeing

Objectives

1. Define perceptions.
2. Describe how perceptions influence our emotions.
3. Identify tips to change your perception to improve emotional wellbeing.

What is perception?

Perception is how you process or interpret an event.

“Obviously, we all look
at things through the
filter of our own
experiences.”

- *Malcolm-Jamal
Warner*



ABC Model

- **A**ctivating Event
- **B**eliefs
- **C**onsequences

How do you change your perceptions?

- Apply your ABCs
- Ctrl – Alt – Delete

The goal of ABC is not to get rid of negative emotions but to view them in a rational and more helpful way.

ABC...DE Model

- **A**ctivating Event
- **B**eliefs
- **C**onsequences
- **D**ispute irrational beliefs
- **E**ffect

Ctrl – Alt – Delete

- Control Yourself
- Alter Your Thinking
- Delete

How does changing perception improve emotional wellbeing?

- Reduced stress
- Improved relationships
- Enhanced problem-solving skills
- Increased self-esteem
- Greater happiness

Your Program

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Thank you!

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