



## Invest in Your Wellness with Wellness Works®

Welcome to the UBA Partner Firm exclusive newsletter focusing on your biggest and most personal asset – wellness.

Wellness Works | September 2022

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### Challenge Your Negative Thoughts

The National Science Foundation reports that the average person has as many as 50,000 thoughts per day and the majority (80%) are negative.

These thoughts can be destructive to your mental and physical well-being.

The cognitive behavioral therapy (CBT) “[thought record](#)” technique could help to challenge and reframe negative thoughts by objectively [identifying and examining](#) untrue or unhelpful thoughts objectively.

Start your first thought record entry with these three simple steps:

#### 1. Identify negative or unwanted thoughts.

Most negative thoughts are unconscious — they pop into your head, often at inopportune times. Stopping to identify thoughts isn’t an intentional activity, so it may take some practice. Once you notice an unwanted thought, write it down.

*Negative thought:* “No one cares what I have to say.”

#### 2. Label the corresponding emotion.

Next, identify how you were feeling at the time of this negative statement. An [emotions wheel](#) can help if you are struggling to name the emotion. Your thoughts and emotions are interconnected. Identifying one will help you untangle the other.

*Emotion:* I feel rejected, sad, or angry.

### 3. Challenge with facts.

Unwanted thoughts are not always based on fact and often involve extreme or all-or-nothing thinking (using words like “always” or “never”). Look for facts or experiences that refute your negative thought. List all the evidence that you identify. Ask friends or mentors for help if this step is particularly challenging.

*Facts:* My team supported my client event idea last month. My manager recognized my suggestion in last week’s staff meeting.

The way you think affects the way you feel and react to situations. By becoming more aware of negative or unhelpful thoughts and reframing them in light of facts, you can reduce stress and work toward a more positive outlook.

## App What’s Up?

What’s Up? utilizes both cognitive behavioral therapy (CBT) and acceptance commitment therapy (ACT) to offer users support to help cope with depression, anxiety, and other mental health issues. The app offers multi-dimensional support including coping tools and strategies, education, and emotion tracking.

### Google Play Store Average Rating

3.9 (3.51k ratings)

#### Pros:

Described as “different” and more expansive than other CBT apps because it offers a multitude of *actionable* tools, advice, and education that are easy to understand with step-by-step instructions outlining therapeutic skills. Users are enthusiastic about the available coping tools.

#### Cons:

The Android app is critiqued as being awkward (button positions make it difficult to save diary entries). The support forum groups have been criticized as non-inclusive.

### Is this app right for you?

You are looking for a free app to leverage during stressful moments. You are interested in learning more about CBT and ACT skills in an on-the-go format.