



ANTs



Automatic Negative Thoughts



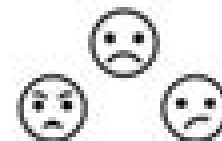
We have many thoughts throughout the day.



Some thoughts are more positive. → "She looks nice today."



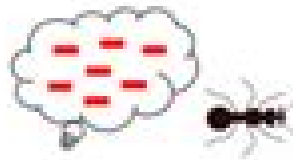
Some thoughts are more negative. → "I hate doing my chores."



When we have lots of negative thoughts, we can feel sad, angry, or anxious.



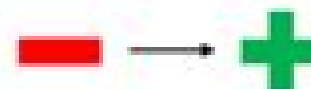
We often do not even notice we are having negative thoughts.



When these thoughts come to our mind a lot, we call them automatic negative thoughts (ANTs).



Like the insect, we can squish or brush away our ANTs.



We squish or brush away our ANTs by changing our thoughts to be more positive.

Example		Automatic Negative Thought		New Thought
I do not understand the instructions.	→	"I am not smart."	→	"I do not understand this yet. I can ask for help until I learn it."
Something is new or difficult.	→	"I cannot do this."	→	"Trying new things is hard sometimes. I can do hard things. I can try my best."
It is raining.	→	"I hate the rain. This is going to be a bad day."	→	"I know it is raining. I can pick activities that will help me enjoy the day."



Advocate Medical Group
Adult Down Syndrome Center

Ants Automatic Negative Thoughts Getting Rid

Mark Hyman



Ants Automatic Negative Thoughts Getting Rid:

Mindfulness Skills for Kids & Teens Debra Burdick, LCSWR, BCN, 2014-09-01 Finally a comprehensive practical and user friendly mindfulness resource written specifically for children and adolescents Best selling mindfulness author Debra Burdick has blended the latest research and best practices to create this straight forward guide for improving self awareness self regulation skills mental health and social connectedness in kids and teens This expertly crafted resource features a collection of more than 150 proven tools and techniques presented in a simple step by step skill building format Perfect for mental health practitioners teachers and all in the helping professions Tools for explaining mindfulness and neurobiology in kids language Activities games and meditations that build basic through advanced mindfulness skills Step by step instruction on teaching and practicing mindfulness meditation and reflection Guidance on choosing age appropriate skills How to apply mindfulness skills to specific childhood mental health disorders Journal prompts to help integrate learning Goal setting charts for tracking progress Downloadable worksheets exercises and reflections

From Womb to Bloom Karren Kae Kearney, 2025-04-16 From Womb to Bloom Integrating the Inner Child Children third in The Autobiographical Trilogy of Kae K series is as a cross between the saying I make plans and God laughs and the book The Little Engine who Could also described as Florence Nightingale meets Professor Higgins This book will especially be of interest to readers who are in any twelve step fellowships have loved ones dealing with addiction or are addiction and mental health professionals From Womb to Bloom continues with the female protagonist author who is a retired licensed vocational nurse LVN a registered addiction specialist as well as a recovering alcoholic food addict and sex and love addict in her thirty eighth year of recovery The author gives an honest account of what it takes to maintain sobriety and abstinence in food addiction over years of slips and relapses The love story between the English gentlemen from London deepens as they deal with loss health issues and death while the unstoppable faith filled heroine focuses on an intense level of recovery and integrating her inner child children From Womb to Bloom is a story of hope and love filled with the miracles and strength sobriety brings

The UltraMind Solution Mark Hyman, 2008-12-30 From the ten time New York Times bestselling author of Ultrametabolism The Blood Sugar Solution and Eat Fat Get Thin comes The UltraMind Solution Do you find it next to impossible to focus or concentrate Have you ever experienced instant clarity after exercise Alertness after drinking coffee Does your brain inexplicably slow down during stress while multitasking or when meeting a deadline Do you get anxious worried or stressed out frequently In The UltraMind Solution Dr Mark Hyman explains that to fix your broken brain you must heal your body first Through his simple six week plan Dr Hyman shows us how to correct imbalances caused by nutritional deficiencies allergens infections toxins and stress restoring our health and gaining an UltraMind one that s highly focused able to pay attention at will has a strong memory and leaves us feeling calm confident in control and in good spirits

The Self-Care Revolution Presents: Module 4 - Unleash Your Brain Power Robyn Benson, Kevin Snow, 2014-01-09 Most everyone has heard that on average we use less than

10%% of our brain capacity Imagine how your life will be different as you tap into the other 90%% and live from the fullness of who you are daily This is possible this month as you engage with the Self Care Revolution and our expert speakers Have fun and discover your genius by reading each of these inspiring interviews as your tool box for optimal brain power gets filled up with endless exercises memory techniques and new skills to use in any moment This engaging book encompasses a weekly educational and empowering teleseminar which is part of the Self Care Revolution This is an exciting opportunity to be instrumental in creating powerful changes to individual and collective wellness worldwide This revolution is raising the planet to a new level of understanding when it comes to The True Health Care and it all Begins with your self empowering health choices **Live a Happier A. N. T. Free Life Or Your Money Back** John O'Brien,2012-04-22 This book is presented as a coaching guide to explain how your author s more than fifty year personal struggle to find the Holy Grail of personal development emotional health and a happier life has come true as it will for you Neuroplasticity Medical research in this relatively new field of study has only recently discovered that we can literally physically alter the neuro pathways in our brains and change our life long negative thinking habits Thinkiatry s A N T extermination principles and process are now a valid medical research supported self therapy and coaching objective process millions can discover and use to alter the emotional landscape of their lives for the better forever A N T Automatic Negative Thinking is something all of us do every day yet almost all of us are totally and as you will soon learn tragically unaware of how this centuries old life long human habit controls our emotional well being physical health and the quality of each individual s day to day life On a broader scale human ANT colonies like snowflakes are unique dramatically and collectively influencing world politics governments economies religions and the quality of life for billions of people around the world Based upon the preceding statements only briefly introducing the importance of ANTS to billions of lives most would logically expect that they would be a universal core subject of study and discussion for young and old alike in schools universities media commentary and daily human interaction throughout the world However the odds are about 99% that you have never heard of an ANT without more than two legs to walk on To your author s knowledge after more than fifty years of personal emotional struggle research and study we have for centuries ignored our ANTS as nothing more than a function of being alive just like our breathing heartbeat and other bodily functions It s just the way life is It s not anymore The following is merely a partial list of emotional conditions that can be self treated and significantly reduced or in some cases eliminated as we learn to use Thinkiatry s Principles and Process to exterminate our individually unique ANT Colonies to experience lasting emotional health and happiness in our lives Divorce Weight problems Stress Anxiety Addictions Anger Sadness Hatred Obesity Jealousy Insecurity Bullying Loneliness Arrogance Hypocrisy Fear Become a Thinkiatrist and join the happiest emotionally healthy people on earth Fumigate Your Brain ,
 The 5 Choices Kory Kogon,Adam Merrill,Leena Rinne,2015-01-01 Every day brings a crushing wave of demands a barrage of texts emails interruptions meetings phone calls tweets blogs not to mention the high pressure demands of our jobs

is overwhelming and exhausting The sheer number of distractions threaten our ability to think clearly and make good decisions If we react to these stimuli moving mindlessly from one task to another we will fail to accomplish the things that matter most in our professional and personal lives In this book readers will learn how to make the five fundamental choices that will increase their ability to achieve what matters most to them Backed by science and FranklinCovey's years of experience and research in this field The 5 Choices helps readers increase their productivity and develop an inner sense of fulfillment and peace The 5 choices are simple but require a radical shift in mindset and will lead to increased personal and professional success

A Lapsed Anarchist's Approach to The Power of Beliefs in Business Ari Weinzwieg, 2016-07-14

Ari's new book is the culmination of a lifetime of learning and thirty four years in business the last three of which have been spent intensively studying reflecting on and writing about the critical role of beliefs in the businesses and organizations of which we are a part The fruits of that labor are now available in this new 600 page book We could tell you more about what's in the book but we think John U Bacon author of the New York Times bestseller Endzone The Rise Fall and Return of Michigan Football said it better than we ever could Some business leaders know practice Some know theory Ari Weinzwieg is one of the few who knows both He has built a famously successful organization while giving it more thought than do the business gurus who merely philosophize about such things The insights Ari shares here are both deeply perceptive and highly practical from the ideas of Howard Zinn Viktor Frankl and Anais Nin on one page to the importance of learning your employees names on the next Like its author this book is uncommonly smart helpful and just plain fun

The Art of Voice Acting James R. Alburger, 2023-12-27 Now in its seventh edition The Art of Voice Acting covers all aspects of the craft and business of performing voiceover Starting with the basics of voice acting every aspect of the craft and business of performing voiceover is explained in detail including how to get started performing techniques setting up a personal recording space voiceover demos the basics of running a voiceover business unions and much much more This edition is completely updated with all new scripts discussions of the latest trends in voiceover and contributions from some of the voiceover industry's top performers casting directors and agents The book provides a wealth of practical information that can be put to work immediately as well as hundreds of references to websites and other useful resources Anyone interested in acting storytelling any area of voiceover or simply improving verbal communication skills will benefit from this book Although The Art of Voice Acting is a great learning tool for the beginner it will also serve the experienced performer well as a reminder of performing and business tools that are essential in today's world of acting and voiceover Additional content including scripts audio files and unpublished content can be found at www.AOVA.VoiceActing.com

Healing Digestive Disorders Andrew Gaeddert, 2008 Case studies illustrate how the author's clients were able to reduce or eliminate their digestive problems enjoy greater energy and reduce discomfort by learning how to identify food sensitivities develop a tolerance for certain foods prevent negative reactions and use rotation diets and anti candida strategies

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