



Student Wellness Program

<http://ubhc.rutgers.edu/swp/index.html>

Mindset Matters—When it comes to matters of the mind, the mindset matters.

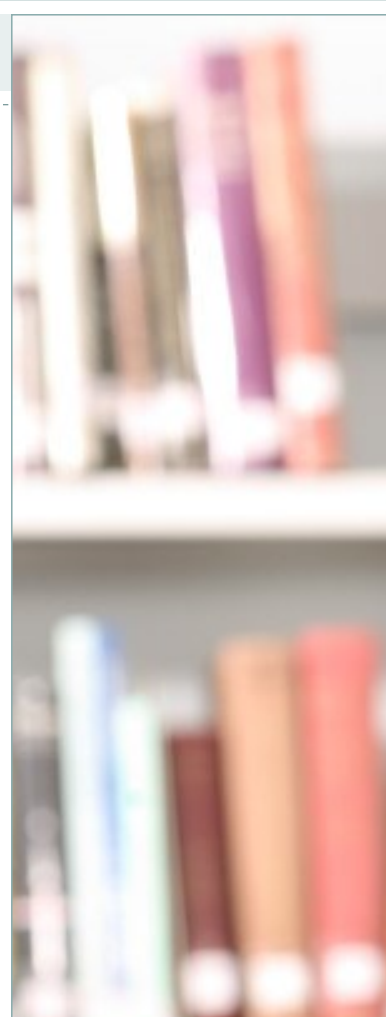
“When you change the way you look at things, the things you look at change” – Dr. Wayne Dyer.

Have you ever caught yourself ruminating over something and wishing you could just go back and re-do it? Do you ever feel like you gave it your all, yet you’re still doubting your performance? How about thoughts that you’re not good enough simply because the outcome wasn’t “perfect.” If you’ve had these thoughts or thoughts similar to them then it might be time for a mindset check-up. Changing your mindset might seem like a daunting task, perhaps even impossible, but just like any other skill it just requires practice.

You might be wondering, how does one practice changing their mindset? The tools and strategies needed for that are actually easier than you think. The main tools are positive reframing, positive self-talk and mindfulness. Positive reframing is taking your negative thought and changing it into a positive. For example, if you are doubting yourself or your performance in any way, you reframe those thoughts to: “I know I am good enough and I know I did my best.” “I can only do my best.” “I know that I am a student and I am still learning.” “Everyone continues to learn whether they are a student or not.” Reframing thoughts and affirmations is also using positive self-talk. Using mindfulness, or being in the present without judgment, helps you to move forward from the past.

So what do you do if you can’t remember to positively reframe your thoughts or you don’t know how? The strategies for that are simple, and are often activities you already enjoy. For example, listening to a Podcast that is focused on positivity and mindfulness. Using the Insight Timer App for reiteration of positive affirmations. Reading or listening to books on mindfulness or self-compassion. Just like any other skill, you need to practice positive reframing, self-talk and mindfulness until those new, positive thoughts become our normal everyday thoughts. Whenever you catch your mind wandering towards thoughts of self-doubt or worry, refrain from judging yourself and continue to practice reframing. Being mindful helps to manage wandering thoughts as well. This is what the mind does, it wanders. With practice it will wander less.

Thank you for taking the time to read this and I hope you have wonderful thoughts today. Namaste.



RUTGERS HEALTH

Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

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Student Counseling
Educational Training
Consultations
Psychiatry Services
Orientations
Crisis Debriefing

SWP SERVICES

MINDSET.

IT IS ALL ABOUT MINDSET.

FROM THE MOMENT YOU
WAKE UP TO THE MOMENT
YOU REST YOUR HEAD AT
NIGHT.

EVERYTHING IS UP TO YOU.

YOUR EMOTIONS, YOUR
THOUGHTS, YOUR
PERCEPTION, YOUR
REACTIONS.

EVERY MOMENT.

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress based events.

All services are free and confidential. Your school has already provided this as another benefit to you.

No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance abuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

We are a phone call away...

Piscataway:

(732) 235-5933

Newark:

(973) 972-5429

Voorhees

(Stratford/Camden Campus):

(856) 770-5750

