



## VICKI KRAMER NATHAN

Many thanks for choosing to download Talking Back to Mind Chatter. It offers several approaches to working with your thoughts and developing Resilience. Research shows that increased resilience corresponds with higher levels of well-being, so please put this to work for you.

I suggest you carve out time for yourself every day for at least one week. Intentionally “set the stage” by first focusing on your body. Does any area feel tight, closed-off, stressed? Take a moment to get in touch with your breathing. Simply observe it. You might try a gentle hum to increase vagal tone and move away from “fight or flight”. When your body has quieted down, move into the exercise.

I’d so appreciate hearing about what you’re noticing in taking this on. I’m here to cheer you on with support and encouragement as you move forward . Just shoot me an email at **vicki@vickikramernathan.com** to connect!



Vicki Kramer Nathan helps women in midlife and beyond strengthen their resilience and upgrade their well-being. Working together as partners in the coaching process, you get to release old thought patterns blocking your authenticity and consciously choose new thinking to support your flourishing life.

Vicki’s interests include theater, voice, the creative process, positive psychology, lifestyle choices/functional nutrition, Oliver (her rescue poodle mix - or is he a bichon), and her adored family.

Vicki recently moved to the lush Hudson Valley from NYC and connects with her much-loved clients via phone or Skype.

## TALKING BACK TO MIND-CHATTER

### Strategy 1: \*

I suggest you work through this process with pen and paper. Identify **a** through **e**.

- a. Adversity: What happened? The Facts. Be specific and accurate.
- b. Beliefs: What did you say to yourself during this adversity. What thoughts ran through your mind? *Censoring is not allowed here.*
- c. Consequences: What did you feel and do as a result of these beliefs? Do the consequences make sense, connect, as a result of these beliefs? Look for other beliefs hiding beneath if necessary.
- d. Dispute: Take the belief “to court”. What evidence challenges the accuracy of this belief? Develop a more accurate belief based on the evidence.  
To help with this step try the phrase:  
That’s not true because... OR  
Another way of looking at it is...
- e. Energy: Bring awareness to your energy. What has shifted in your mood-thinking-feeling?

### Strategy 2:

Notice the onset of a strong negative feeling. Bring in your full awareness as you identify what you’re thinking. You may choose to write it down. Create some space around it, be “in the room” with it. Consider the thoughts as one part of you and the deep awareness, the compassionate witness, another. How might you be able to accept the thought and allow both to co-exist. If this is difficult, imagine offering compassion to others suffering *in this moment* with similar thoughts and feelings. Turn this compassion inwards, gently offering it to yourself. Add a physical gesture, perhaps hand to heart, to further embody your sense of self-acceptance and self-love. Spend a moment.

### Strategy 3:

A few anchors to call upon:

I have the freedom not to...

Rick Hanson

What if the opposite thought were true?

Sam Bennett

I’m changing the station.

This will wait til my assigned worry time.

To inner critic: I’m changing your name to *Scout*. Now go look for *opportunities*.

How Fascinating! (get curious) The Art of Possibility

Benjamin Zander and Rosamund Stone Zander

\* Reivich K, Shatte A. The Resilience Factor