



# Wellbeing Podcast

## S1E4: HOW DOES YOUR COGNITION INFLUENCE YOUR WELLBEING?

### HOW CAN WE CHANGE OUR THINKING?

Allow Cognitive Dissonance/Disequilibrium

Adopt a Growth Mindset

Use Metacognition

Physiological considerations (which will be highlighted in a later episode)

### TRY THIS AT HOME:

Start thinking from a growth mindset. Ask yourself, what 'mistakes' did I make today that taught me something?



### SUMMARY

What does it look like when people are not thriving in their thinking?

Often this begins with 'stuck in a rut' thinking.

This stuck thinking often becomes dark or negative.

This stuck, negative thinking then produces self-defeating perspectives that are hard to change. In fact, sometimes it can feel impossible to change the way we are thinking about a given topic.

The good news is: It is possible to change our thinking!

A little neuroscience 101 can help us understand how thoughts initially emerge and are strengthened within us over time. The ability to change our neural pathways via neuroplasticity is another indicator of God's good design in creating us.

(Disclaimer: All 'science-y' information should be further explored on your own. You will find that any explanation offered on this podcast is designed to be very basic. In our attempt to explain very complex systems and ideas in a limited window of time, we purposely leave out and/or grossly summarize enormous fields of study. Enjoy your further research and discovery!)

### WHY DOES THINKING MATTER?

Our souls are affected by what we allow our minds to focus on and think about. Sometimes, what we focus on leads our thinking down a trajectory that is soul depleting. However, Romans 12:2 reminds us, "Be transformed by the renewing of your mind." We are changed as humans beings when our minds are renewed - when we think differently about ourselves, our God, and one another.

A key idea to remember: mind renewal leads to soul renewal.

Whatever is pure, whatever is lovely, ..... think on these things.