



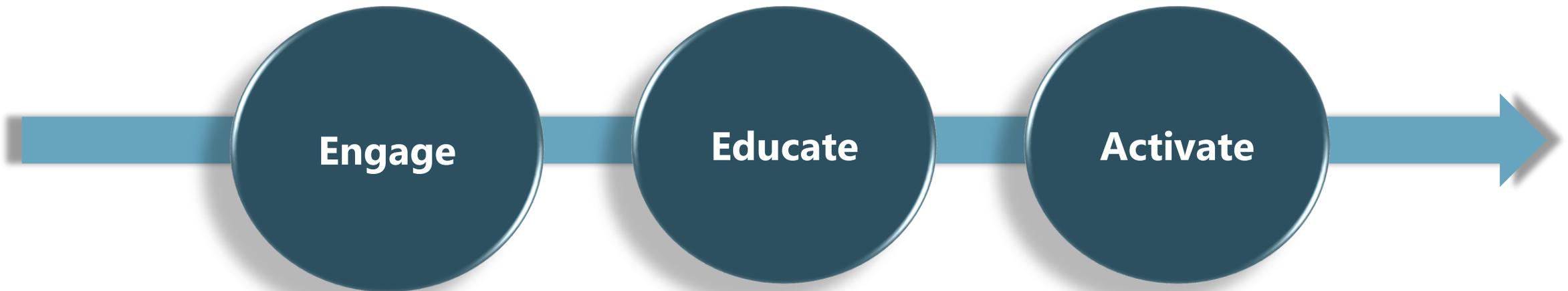
How to Help Employees Thrive Through Uncertainty

November 29, 2022



What is **RIGHT** **DIRECTION**

*A turnkey initiative providing high impact tools and strategies for **ORGANIZATIONS** and **INDIVIDUALS** on raising depression awareness, encouraging help-seeking behavior, & improving workplace mental health for all.*



*A strategic partnership leveraging the expertise of innovative leaders
in business and health care delivery.*

Today's Presenters

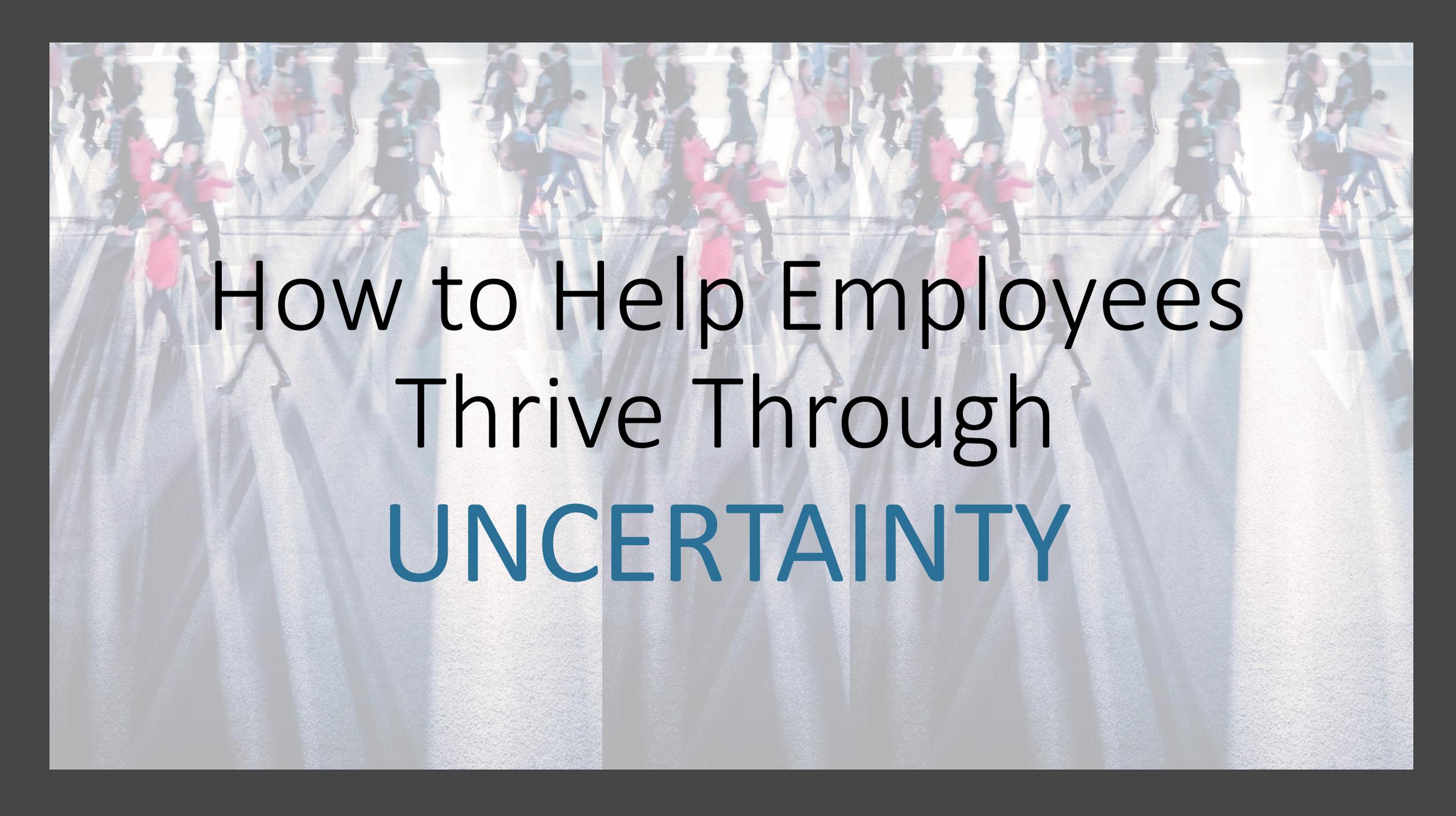


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How to Help Employees Thrive Through **UNCERTAINTY**



[nature](#) > [news](#) > [article](#)

NEWS | 03 February 2021

COVID's mental-health toll: how scientists are tracking a surge in depression

Researchers are using huge data sets to link changes in mental health to coronavirus-response measures.

[Alison Abbott](#)



"An abnormal reaction to
an abnormal situation is
normal behavior."

- Victor Frankl

What does it mean to **thrive**?

3 Psychological Principles

Principle 1:
Our minds run on
shortcuts.



EXIT



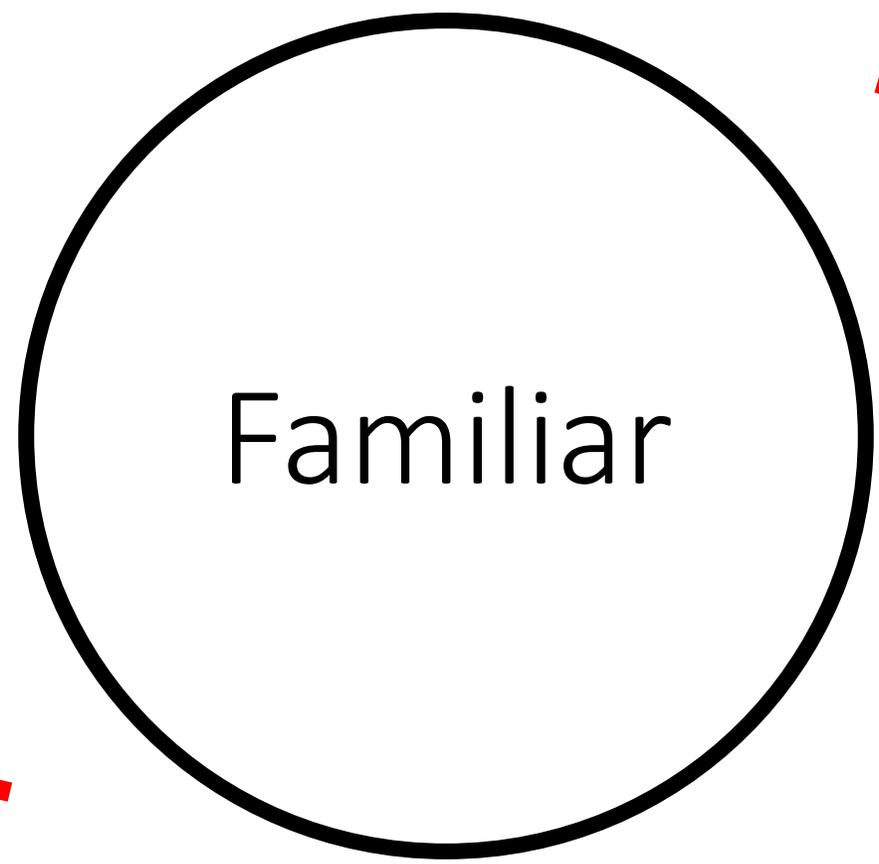
**NOT
FAMILIAR!**

**NOT
FAMILIAR!**

**NOT
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**NOT
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Familiar

Volatile

Uncertain

Complex

Ambiguous

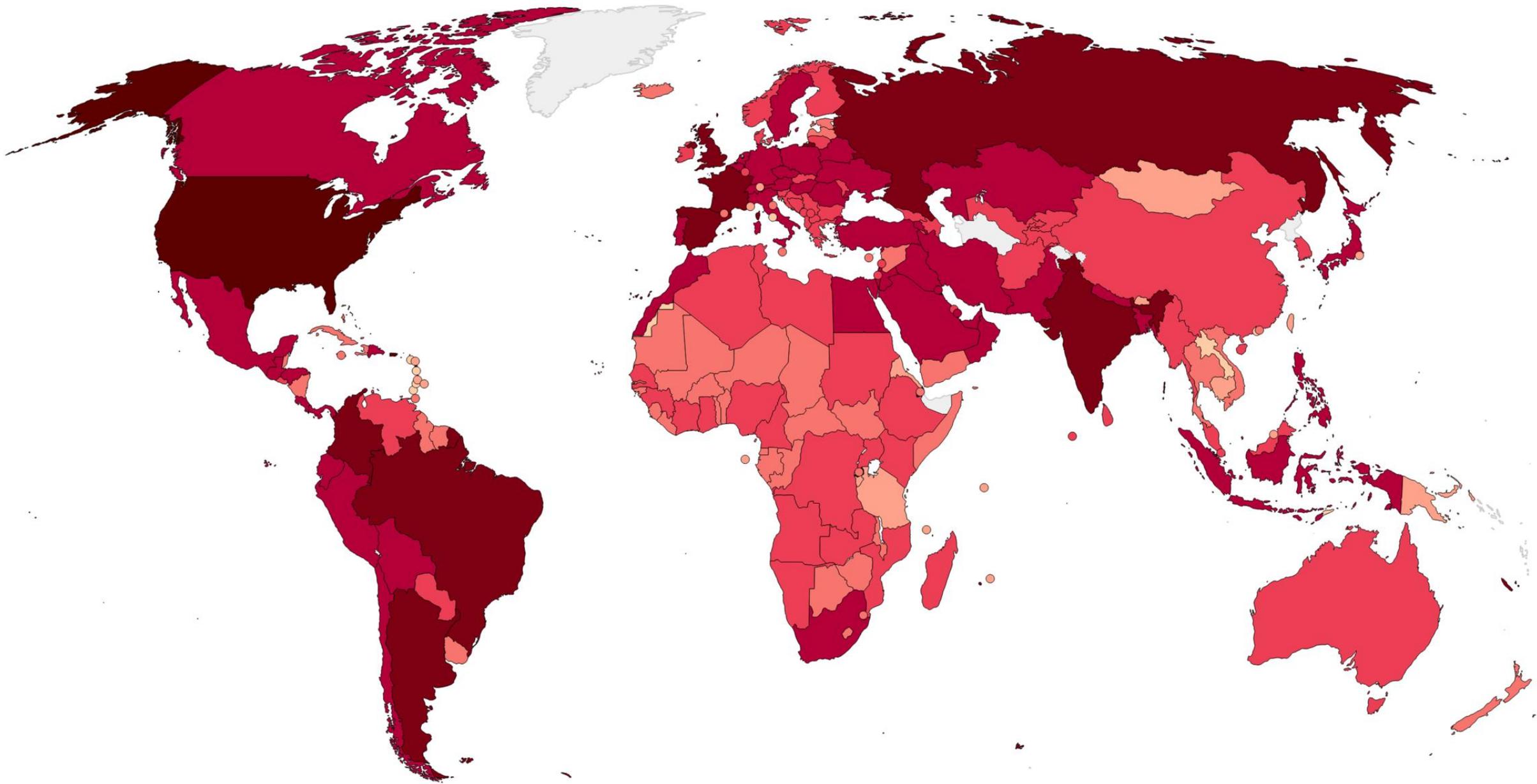


"An abnormal reaction to
an abnormal situation is
normal behavior."

- Victor Frankl

Principle 2:

Our minds want to keep
us alive.





Principle 3:

Our minds like “clean
emotions.”



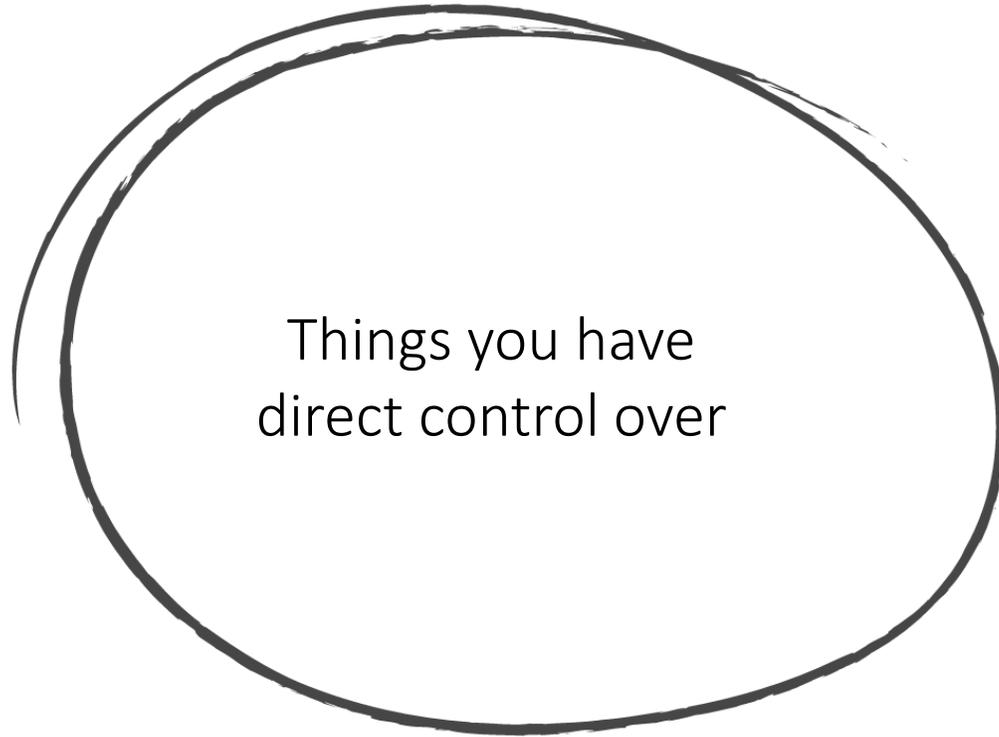
Recap

1. Our minds run on shortcuts.
2. Our minds want to keep us alive.
3. Our minds like “clean emotions.”

Let's do some work!

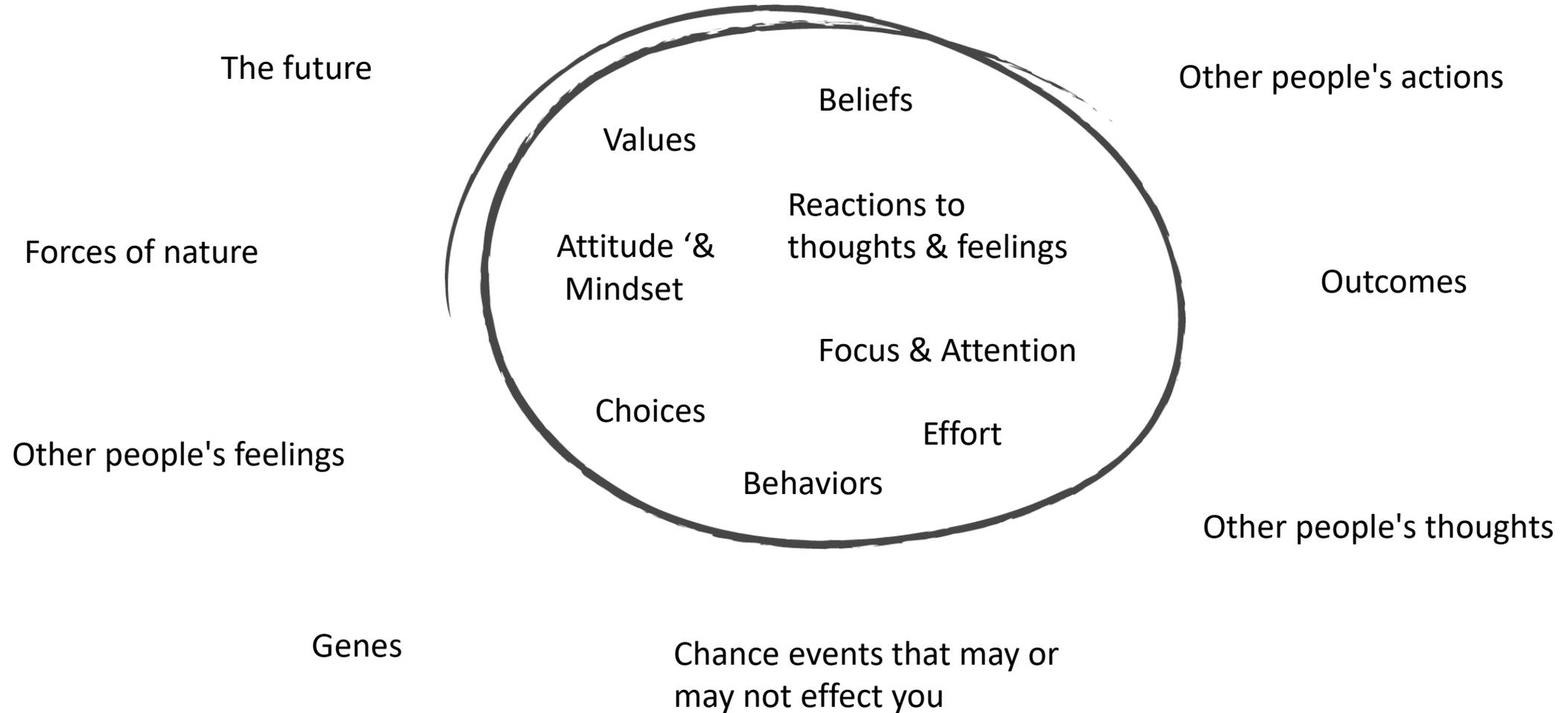
Circle of Control

Things you do
NOT have direct
control over



Things you have
direct control over

Circle of Control



Reflections

- Let's take a moment to reflect on the difference between your two circles. Why do some things feel like they should be inside of our circle when in reality they aren't?
- Why might we feel compelled to try to control things that aren't truly inside of our circle? Where does that pressure come from?

Reflections

- In what ways have you been trying to control things that are outside of your circle? Have those efforts truly been effective? What would it be like to give them up?
- What are things that are truly inside your circle of control but that you don't always focus on or put effort toward? Why might you avoid these things?

Starve the 'bad wolf' &
feed the good one.

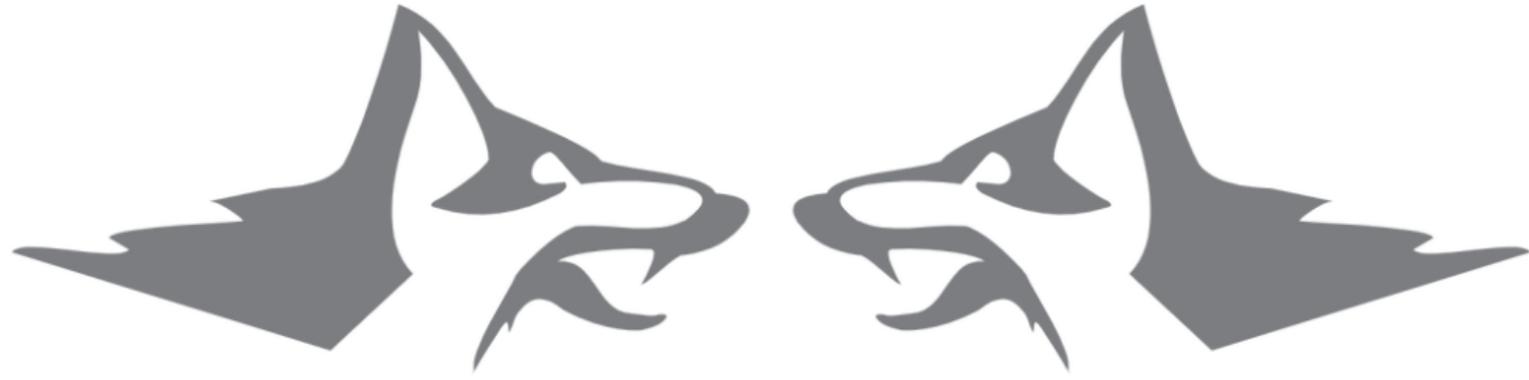
Thought
or urge

+

Action

=

MORE
Thought
or urge

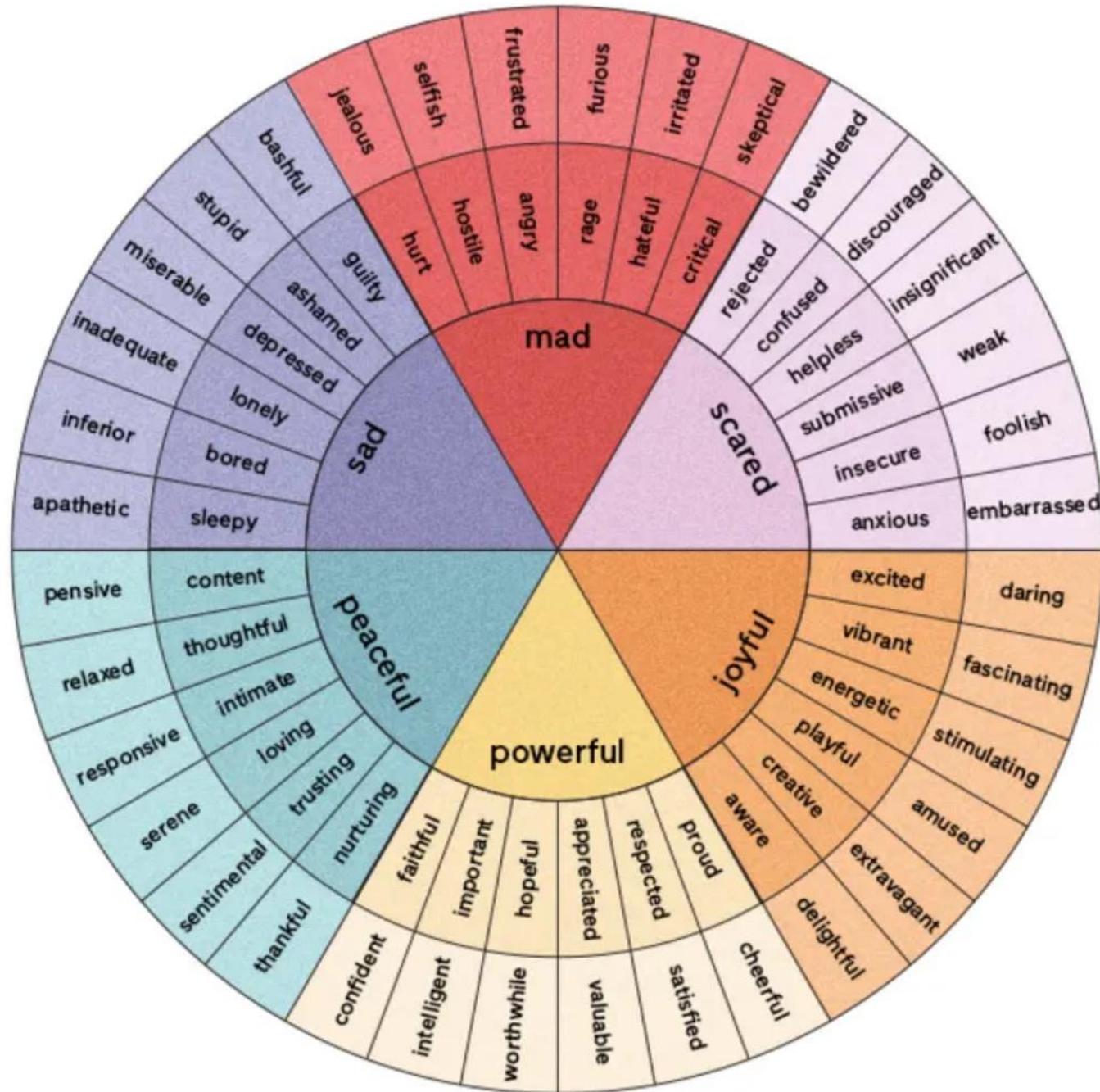


How are you feeding the
'bad wolf?'

How can you intentionally
feed the 'good wolf?'

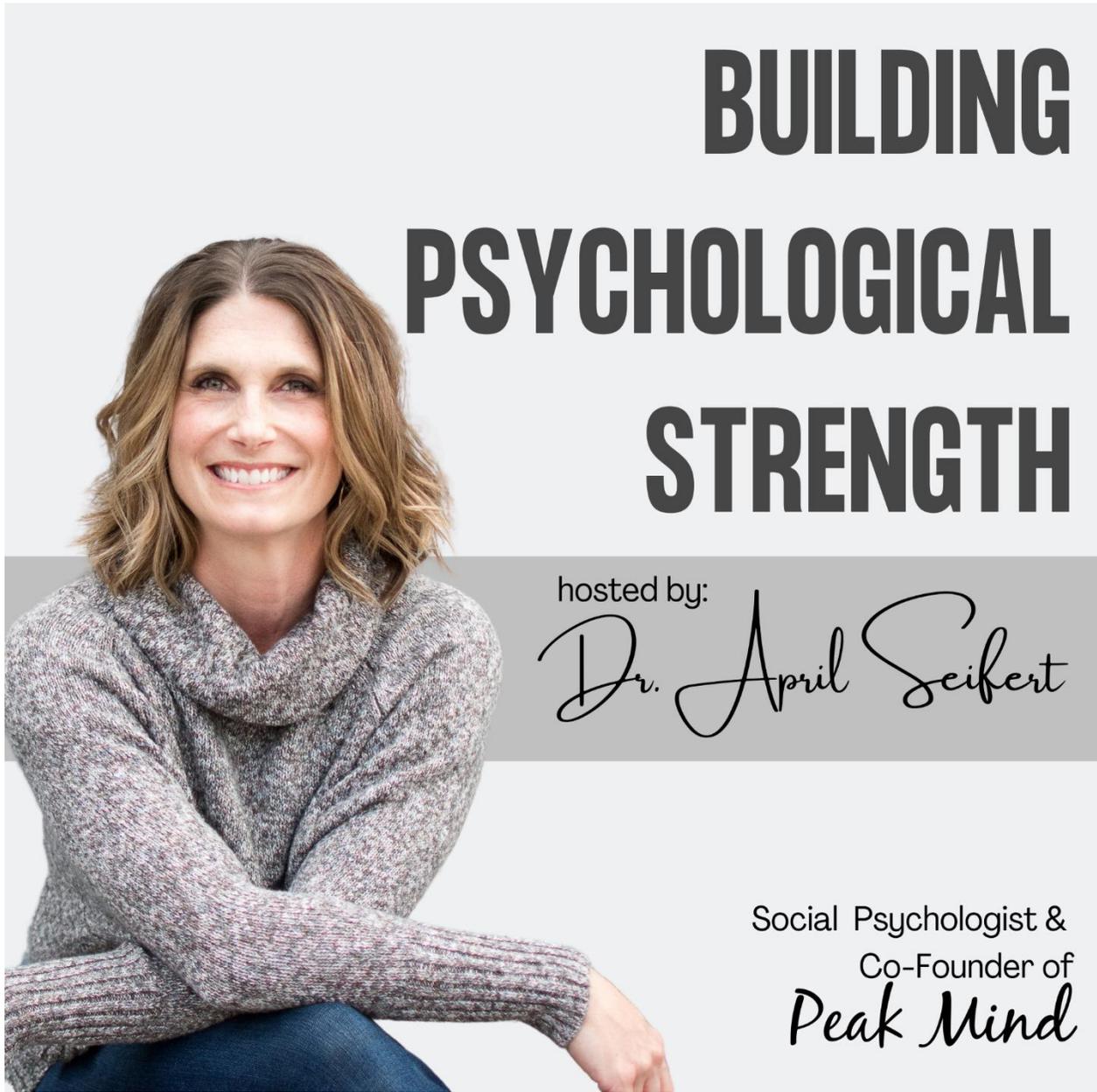


Emotion sifting



Recap

1. Get clear on your circle of control.
2. Starve the bad wolf, feed the good.
3. Sift your emotions.



BUILDING PSYCHOLOGICAL STRENGTH

hosted by:

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Social Psychologist &
Co-Founder of
Peak Mind

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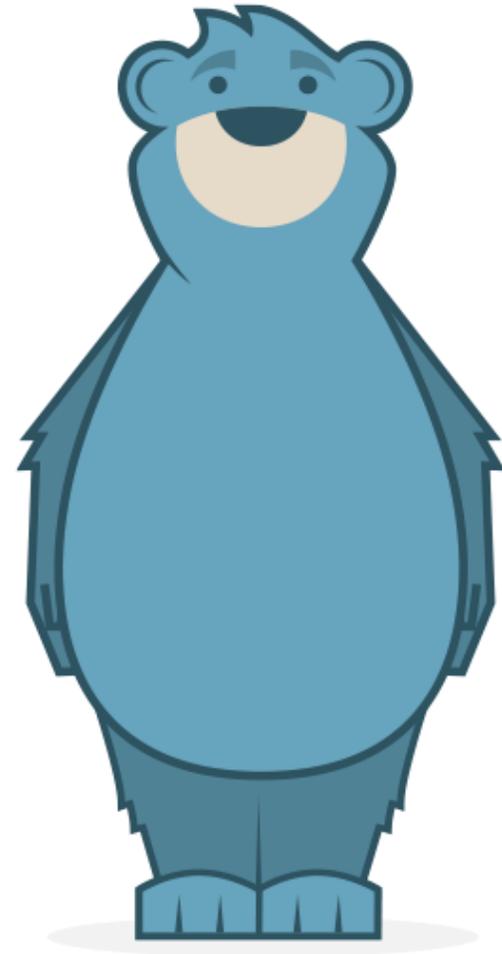
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Q&A

