



Colorado Lawyer Assistance Program

Creating a Healthy Mind

STOP

1. Blaming other people or circumstances for your mood
2. Mistaking emotions for facts
3. Catastrophizing situations beyond reality
4. All or nothing “extreme” thinking
5. Predicting negative future possibilities
6. Personalizing a stressful situation
7. Labeling yourself with negative attributes
8. Doubting yourself
9. Letting yesterday take up too much of today

START

1. Deciding how you want to feel regardless of the circumstances
2. Recognizing emotions as fluid states that will change
3. Dealing with situations from a calm and rational mindset
4. Accepting the need for compromise and forgiveness in relationships
5. Project positive possibilities for your future understanding that it's not the situation, but how we respond that can make it stressful
6. Directing your compassion and understanding to yourself
7. Trusting yourself
8. Living in the present moment

*For confidential assistance with anything impacting your personal or professional life,
contact COLAP at 303.986.3345 or toll free at 1.855.208.1168.*