

Open Your Class With This Tomorrow- *Chatter: The Voice in Our Head, Why It Matters, and How to Harness It*

Directions: Explore the toolbox of ways to quiet the chatter listed below. Pick one of the tools from each bolded section that speaks to you the most and try to implement it for the next two weeks. Keep a journal of how often the tool was used and reflect on how you felt when it was used.

Tools to implement on own

1. Use distanced self-talk. Use your name or the second person “you.”
2. Imagine advising a friend. Think about what you would say to a friend with the same problem.
3. Broaden your perspective. Think about how it fits into the broader life or world or how someone you admire would respond.
4. Reframe your experience as a challenge. Reinterpret the negative experience as a challenge you can handle.
5. Reinterpret your body’s chatter response. The response of stress is an adaptive evolutionary reaction that improves performance. See the sudden rapid breathing as being there to help, not hurt you.
6. Normalize your experience. Use “you” to refer to people in general when thinking about and discussing negative experiences.
7. Engage in mental time travel. In the future it will seem less upsetting when you look back. Ask yourself what you think about this in a few weeks or a few months.
8. Change the view. Visualize the perspective from a fly-on-wall.
9. Write expressively. Write thoughts/feelings for 15-20 minutes for 1-3 days consecutively.
10. Adapt the perspective of a neutral third party. Assume the role of an observer motivated to find the best outcome for all.
11. Clutch a lucky charm or embrace a superstition. It can harness the brain’s power of expectation.
12. Perform a ritual or superstitious behavior. Rituals can be passed down from family or culture.

Tools for providing chatter support

1. Address people’s emotion and cognitive needs. Validate what people are going through but broaden their perspective.
2. Provide invisible support. Be practical, broaden perspective indirectly, talk in general terms.
3. Tell your kids to pretend they’re a superhero. Nudge them to use that character’s name when confronting a difficult situation.
4. Touch affectionately. Hold their hand or share a hug.
5. Be someone else’s placebo. Provide an optimistic outlook that their conditions will improve.

Tools for receiving chatter support

Books for Psychology Class

<http://www.weebly.com/weebly/main.php>

1. Build a board of advisors. Find a group of confidants that includes individuals who can provide chatter support for each particular domain.
2. Seek out physical contact. Ask for a hug or hand squeeze. Embrace a comforting object.
3. Look at a photo of a loved one. This can soothe that inner voice.
4. Perform a ritual with others. Being in the presence of others is helpful
5. Minimize passive social media usage, as this can trigger self-defeating, envy-inducing thoughts. Be less passive, use technology to actively connect with others.
6. Use social media to gain support. Seek support, but be cautious about sharing negative thoughts.

Tools that involve the environment

1. Create order in your environment. Organize your space.
2. Increase your exposure to green spaces. Go for a walk in nature or watch a nature clip.
3. Seek out awe-inspiring experiences. Find what works for you.