

Working with Thoughts - Introduction

Class Summary

- The majority of our stress is psychological stress, such as pressure at work, relationship concerns, loneliness, concerns about image, studying for exams, raising children or looking after elderly parents
- To reduce our psychological stress, we work with our thoughts
- However, to manage our thoughts, we must first be aware of them
- A part of our brain called the Insula has a map of our body
- The Insula alerts us to sensations, emotions and thoughts
- As you continue to practice, you will become better at identifying sensations, emotions and thoughts
- Once you are aware of your thoughts, the classes which follow will teach you how to deal with them
- Different kinds of thoughts provoke different sensations in our body, making us feel differently, demonstrating how stress manifests in us physiologically