Mindset Map 12/23/23

Mindsets, Mental Models, Cognitive Frameworks, Thought Patterns, Emotions, Behaviors, and Wellbeing

Thoughts involve MINDSETS the generation and manipulation of mental images, ideas, beliefs, or judgments ranging from [1] are **Thought** simple to complex. Thoughts are created by **Patterns** electrical signals flowing (conscious or across networks of unconscious) [2] consisting of Mental neuronal (nerve cell) Models connections in the brain. [3] which are aspects of Rational thoughts are logical, reasonable, and [7] that can be Cognitive based on evidence and sound reasoning; they **Frameworks** align with objective reality and are **Enhancing** conducive to effective [4] that problem-solving and Wellbeing* Rational decision-making. or Organize Irrational and interpret Irrational thoughts are vast amounts of Diminishing are illogical, information about Influencing Wellbeing* unreasonable beliefs self, others, and how we feel that are based on events in world emotionally in a distorted perceptions, given situation. cognitive biases, or erroneous assumptions, [5] which appraisals, and bv attributions. Shape how we Affecting * Wellbeing refers to the subjective state of overall make sense of the the *judgments* life satisfaction from good physical, mental, and world and deal and decisions emotional health. It is built on mutually beneficial with challenges, we make and social relationships, financial security, life purpose adaptively or the actions we & meaning, a safe and supportive environment, maladaptively in two take. and effective problem-solving and coping skills. interacting ways

Cognitive frameworks are mental structures that help us organize and interpret information through cognitive processes related to brain activity.

These mental functions relate to acquiring, retrieving, and using knowledge to understand ourselves and the world around us, including perception, attention, memory, and reasoning.

Emotions have both physical and mental aspects:

- Physically, they trigger changes that produce noticeable sensations we can feel and observable expressions that affect the autonomic nervous system (e.g., heart rate, blood pressure, breathing); hormonal releases (e.g., adrenaline and cortisol contributing to the "fight or flight" response); muscular reactions (e.g., tension); facial expressions (e.g., raised eyebrows, blushing, or grimacing); and gastrointestinal sensations (e.g., "butterflies" in the stomach).
- Mentally, they are tied to mindsets and other cognitive processes tied to memory, learning, attention, perception, and expressive behaviors (e.g., talking, gesturing, and other actions).

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