THIS WEEK'S NOOK ACTIVITY IS HERE!

PRACTICE FACING YOUR FEARS

Pick up a printed copy of our guide outside of the OHP or swipe through our Instagram/Facebook story to learn more.
Overcoming fears often requires that we develop a more positive association with the thing that we fear. We can shift our perception through positive reinforcement and positive self-talk.

Engaging in this practice can go a long way in relieving stress and helping us feel more confident.

**Note:** This activity is geared toward addressing mild, everyday fears. More serious fears should be addressed with the help of a health professional. Connect with SHAC for support.

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**Reference**

Greater Good in Action. Overcoming a Fear. To reduce stress, try facing your fears head-on. Retrieved from https://ggia.berkeley.edu/practice/overcoming_a_fear

Practice Facing Your Fears

Start small, if you are afraid of heights consider watching other people rock climb

1. Repeat until you begin to have a positive or neutral association with the activity

2. Gradually begin challenging yourself—if you have watched lots of videos of rock climbing, try climbing a short distance

Write a fear you want to challenge yourself to face & one step you can take to face it.

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