

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.

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
Pennie, Brian. Conquer your fears by mastering your self-talk. Retrieved from <https://www.alustforlife.com/tools/mental-health/conquer-your-fears-by-mastering-your-self-talk>

Practice Facing Your Fears

- ① Start small, if you are afraid of heights consider watching other people rock climb
- ② Repeat until you begin to have a positive or neutral association with the activity
- ③ 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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