

# Which Wolf Are You Feeding? Training Your Thoughts For Better Wellbeing

There's an old Cherokee story about a chief who taught his grandson a valuable life lesson. "It's as if a fight is going on inside me," he said to his grandson, "a fight between two wolves." It's a fight inside every living person, he explained.

He said the dark wolf is evil. It represents anger, envy, hatred, regret, self-pity, ego, and other negative emotions. The light wolf, on the other hand, is good. It represents peace, joy, love, kindness, hope, generosity, truth and faith.

Perplexed, his grandson asked him: "Grandfather, which wolf will win?" Smiling, the chief responded: "The one you feed."

What this story tells us – and what research supports – is that training your brain towards more optimistic thinking can have a positive effect on your wellbeing.

## Tips for feeding the light wolf:

- Start by using a journal.
- If you struggle with intrusive thoughts, don't just squash them. Write them down on paper, and, next to them, jot down a corresponding hopeful version. For example, I'm worried I won't amount to anything – I'm taking the first steps toward developing myself and becoming the person I want to be.
- Check your thoughts for truth. If they're mainly negative, try to put a positive spin on them.
- Start your day with a few minutes of gratitude – not with your phone.
- Spend more time with your loved ones, particularly those who look on the brighter side.
- Spend a few minutes of your morning outside, in the sunshine. Get some exercise and good sleep, and avoid sugar, alcohol and smoking.

Mostly, be kind to yourself. Life today is tough, and it's your first time doing it, so keep learning. Remember, if you need to talk to a counsellor, please call your EWP toll free line.



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Request a call back: \*134\*905#  
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