



Wise Mind for Mental Wellness

Wise mind is a concept often used in cognitive behavioral therapy. It is a state of mind that integrates both rational thinking and emotional experiencing. When someone is in wise mind, they are able to make more measured decisions and actions, that balance both logic and emotion. The following is a breakdown of the three states of mind:

Reasonable Mind:

The Reasonable Mind is the state of mind where decisions are made based solely on logic and facts. It's analytical, rational, and objective. However, decisions made only from this state may ignore or dismiss emotions and gut feelings, which are important sources of information.

Emotional Mind:

The Emotional Mind is the state of mind where decisions are solely influenced by emotions and feelings. It is subjective, impulsive, and reactive. While emotions provide valuable information about personal values and needs, decisions made solely based off emotions may lack rationality and long-term perspective.

Wise Mind:

The Wise Mind is the fusion of rational and emotional mind. It integrates both reason and emotion. When an individual is in wise mind, they are able to acknowledge and validate their emotions while also considering facts and logical thinking. Decisions made from wise mind are grounded in both emotional wisdom and rationality, leading to choices that are effective, authentic, and mindful.

Achieving wise mind involves mindfulness practices, self-awareness, and learning to recognize and regulate emotions.

If you would like more information on learning to use your WISE mind, your EAP is here to help. Contact us today at 800-327-4968 (800-EAP-4YOU), TTY: 1-877-493-7341 or visit us online at EAP4YOU.com.