

CHAMPIONING MEDICALLY INTEGRATED ONCOLOGY:

Celebrating
a Decade of Impact



2025 NCODA INTERNATIONAL
FALL SUMMIT

13 Things Mentally Strong People Don't Do

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Championing Medically Integrated Oncology: CELEBRATING A DECADE OF IMPACT

OBJECTIVES

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1. Identify the unhealthy beliefs that lead to bad habits
2. Recognize the common habits that drain us of mental strength
3. Learn and practice exercises that support change

DISCLOSURES

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There are no relevant conflicts of interest to disclose for this presentation

Unhealthy Beliefs About Yourself



1. They don't waste time feeling sorry for themselves.



Unhealthy Beliefs About Yourself



1. They don't waste time feeling sorry for themselves.
2. They don't dwell on the past.



Unhealthy Beliefs About Yourself



1. They don't waste time feeling sorry for themselves.
2. They don't dwell on the past.
3. They don't make the same mistakes over and over again.



Unhealthy Beliefs About Yourself



1. They don't waste time feeling sorry for themselves.
2. They don't dwell on the past.
3. They don't make the same mistakes over and over again.
4. They don't give up after their first failure.



Unhealthy Beliefs About Yourself



1. They don't waste time feeling sorry for themselves.
2. They don't dwell on the past.
3. They don't make the same mistakes over and over again.
4. They don't give up after their first failure.
5. They don't fear alone time.



Mental Strength Exercises



Develop a positive affirmation.



Mental Strength Exercises



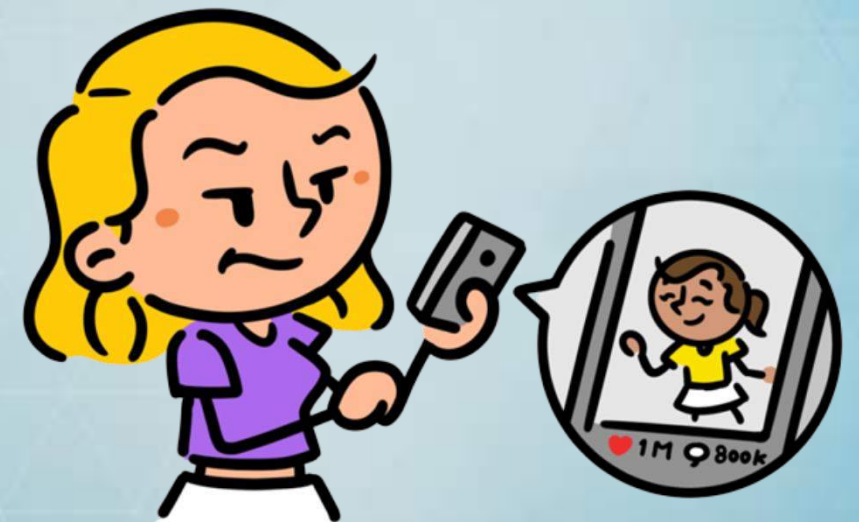
Develop a positive affirmation.
Create your victory vault.



Unhealthy Beliefs About Other People



6. They don't give away their power.



Unhealthy Beliefs About Other People



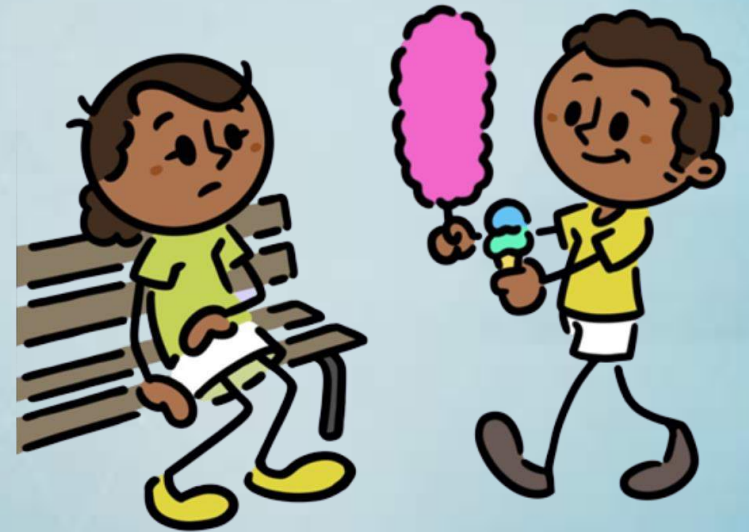
- 6. They don't give away their power.
- 7. They don't focus on things they can't control.



Unhealthy Beliefs About Other People



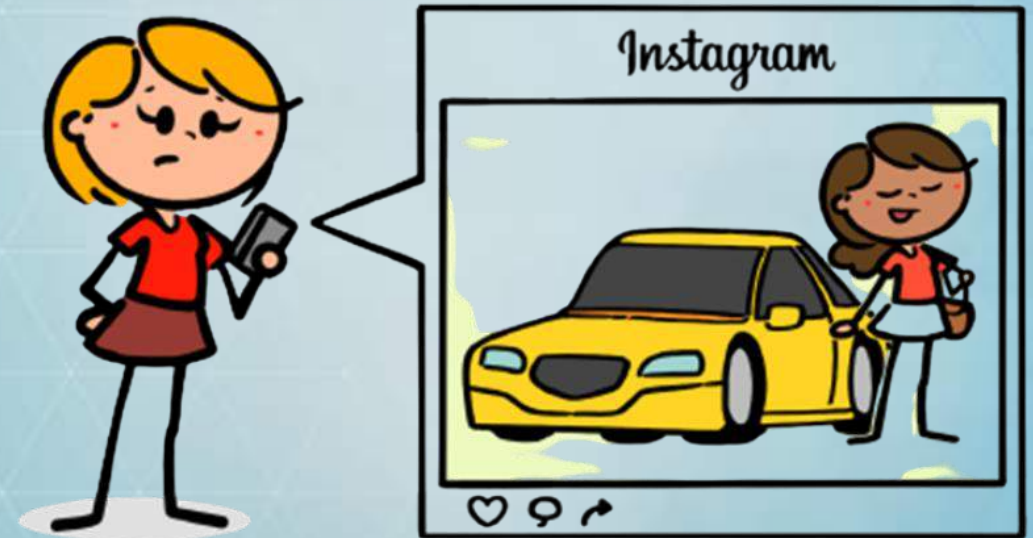
- 6. They don't give away their power.
- 7. They don't focus on things they can't control.
- 8. They don't worry about pleasing everyone.



Unhealthy Beliefs About Other People



- 6. They don't give away their power.
- 7. They don't focus on things they can't control.
- 8. They don't worry about pleasing everyone.
- 9. They don't resent other people's success.



Mental Strength Exercises



Take out the mental trash.



Mental Strength Exercises



Take out the mental trash.
Change the channel in your brain.



Unhealthy Beliefs About the World



10. They don't shy away from change.



Unhealthy Beliefs About the World



- 10. They don't shy away from change.
- 11. They don't fear taking calculated risks



Unhealthy Beliefs About the World



- 10. They don't shy away from change.
- 11. They don't fear taking calculated risks
- 12. They don't feel like the world owes them anything.



Unhealthy Beliefs About the World



- 10. They don't shy away from change.
- 11. They don't fear taking calculated risks
- 12. They don't feel like the world owes them anything.
- 13. They don't expect immediate results.



Mental Strength Exercises



Schedule time to worry.

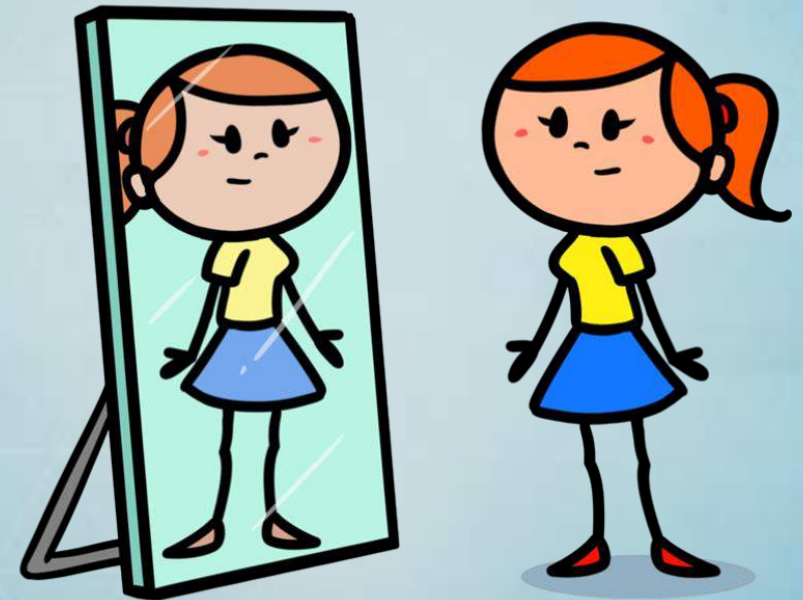


Mental Strength Exercises



Schedule time to worry.

Award yourself an inner strength gold star.



Challenge Your Unhealthy Beliefs



Start with one small step.



Challenge Your Unhealthy Beliefs



Start with one small step.

Pick your worst habit and let go of it.



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