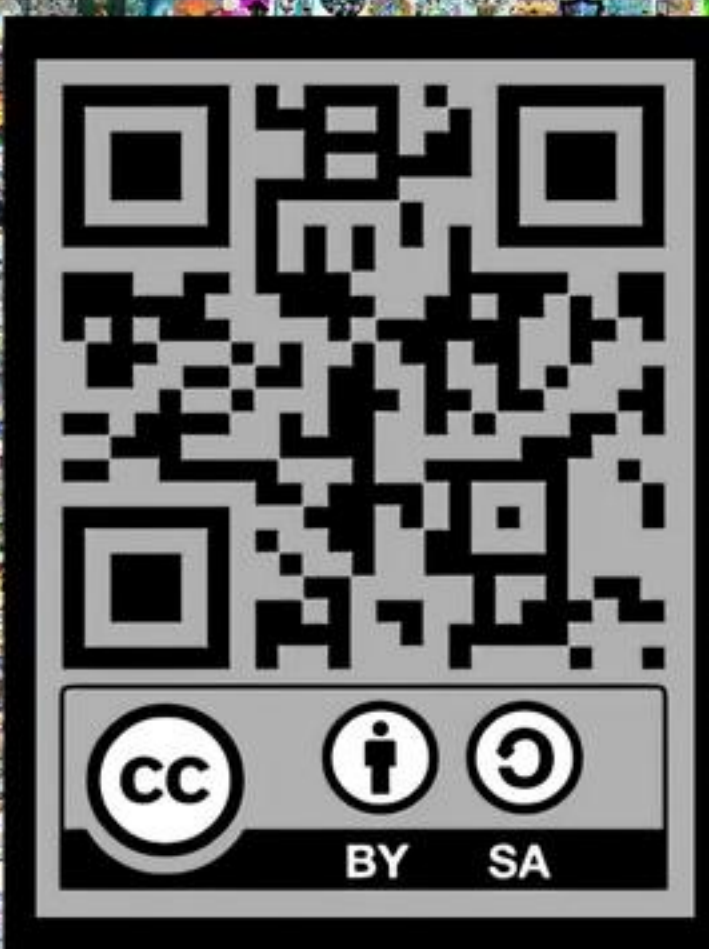


SCHOLARLY STANZAS





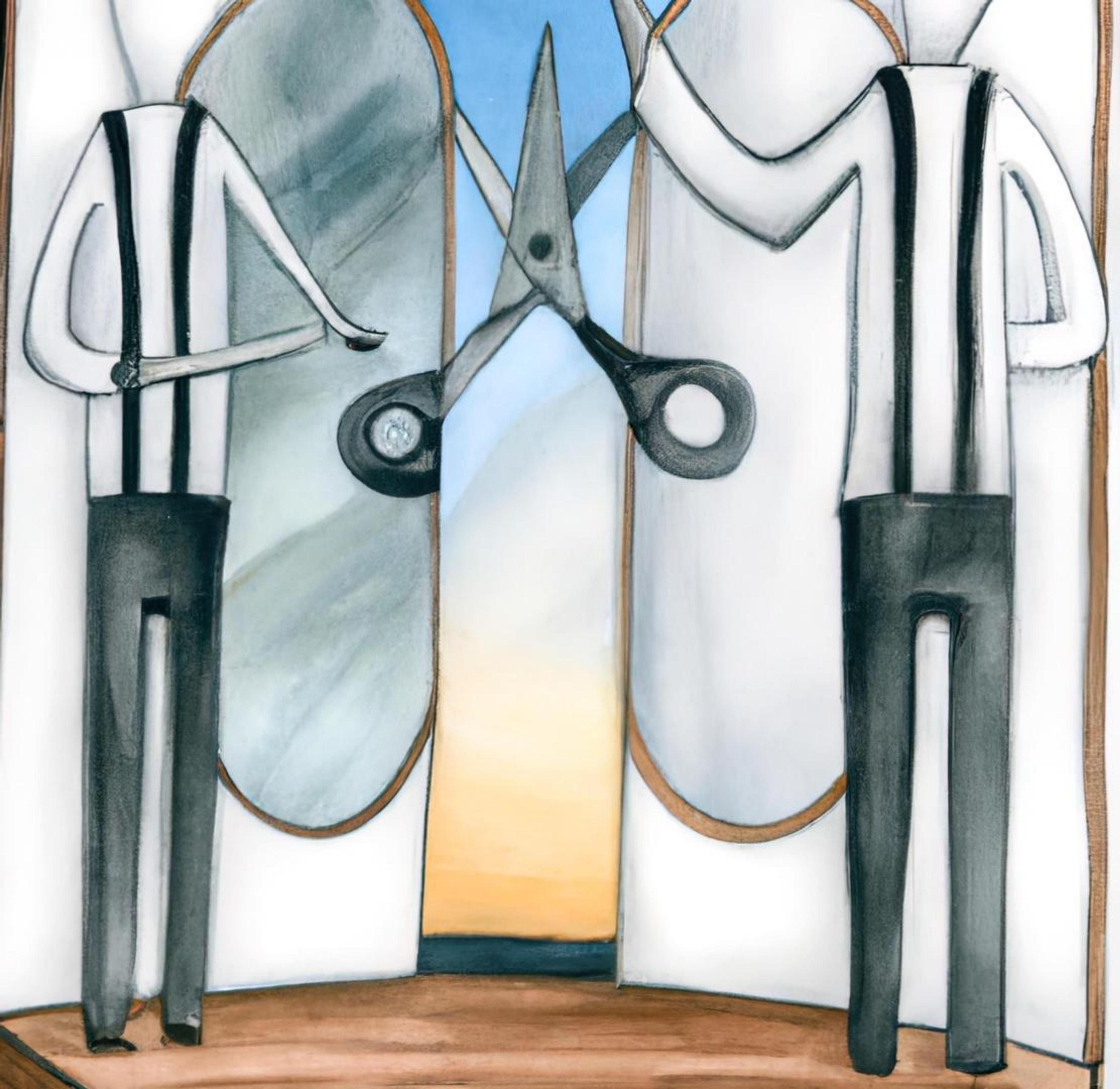
Cognitive Mediation Model

Cognitive Mediation Model proposes that people's perception and interpretation of stressful events influence their emotional and behavioral responses to those events. The model posits that cognitive appraisals of stressors intervene between environmental stressors and psychological outcomes, such as anxiety and depression. The model also suggests that cognitive processing biases play a crucial role in perpetuating negative emotional responses to stressors. The model proposes several cognitive processes that mediate the relationship between stressors and psychological outcomes, including primary and secondary appraisals, coping strategies, and thought suppression. Overall, the Cognitive Mediation Model highlights the importance of cognitive processing in understanding the development and maintenance of psychological distress.



Verse 1

There's a way to think things through,
To keep your head above the blue,
When problems come and bring you down,
There's a way to turn that frown.



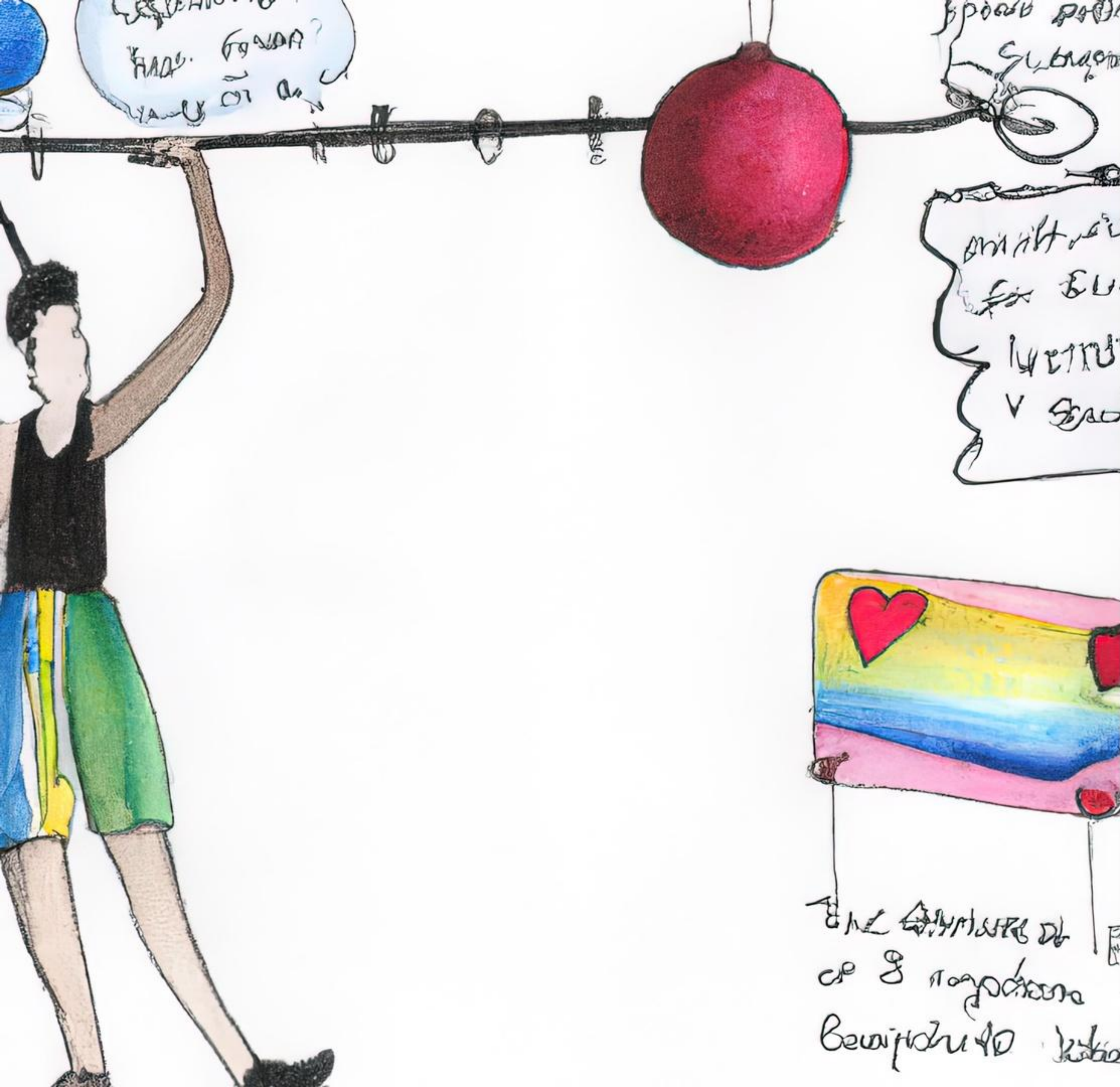
Verse 2

It starts with looking at your thoughts,
The ones that tie you up in knots,
Question if they're really true,
And if they help or harm you too.



Chorus

We can change the way we see,
And be the best we can be,
When we focus on what's real,
We can heal and learn to feel.



Verse 3

Take control of what you think,
Make sure it helps you to swim and not sink,
It's in your hands, it's up to you,
To see the world in ways that are new.



Verse 4

When life throws us a curveball,
We can rise and stand up tall,
By choosing thoughts that are kind and fair,
We can find our way from despair.



Chorus

We can change the way we see,
And be the best we can be,
When we focus on what's real,
We can heal and learn to feel.



Verse 5

It's not about being positive all the time,
But knowing our thoughts can help us climb,
Out of the pits that bring us down,
And soar to heights where joy is found.



Verse 6

Cognitive mediation is the key,
To unlock a mind that's wild and free,
It's a way to live life in peace,
And make worries and fears decrease.



Chorus

We can change the way we see,
And be the best we can be,
When we focus on what's real,
We can heal and learn to feel.



Verse 7

It's a journey that takes time,
To change a mind that's been confined,
But with practice and patience too,
We can make our thoughts anew.



Verse 8

It's not always easy to start,
To change a mind and open our heart,
But the benefits are worth the fight,
And we'll come out on the other side.