

How to Turn Off Your Anxious, Overthinking Brain and Get Your Life Back

The most important place to come back to is NEUTRALITY.

Anxiety comes from subconscious patterns. Over time, trauma and emotions become stored in the body.

The mind intensely desires to move you away from discomfort and towards comfort, even if the comfortable place is undesired.

Breaking Anxious Thought Loop Patterns – The TRU Method

T – What THOUGHTS could be causing or contributing to my anxious state right now?

R – Are these thoughts based in REALITY? If not, it is time for a truer, healthier thought.

U – If there is some reality to the thoughts, are these thoughts USEFUL right now? If the answer is no, it's time for a truer, healthier thought.

What is a true thought? What is one NEUTRAL statement that you can hold onto? Some examples:

"I'm more capable of choosing which thoughts to engage with."

"I'm able to let go of thoughts that don't serve me, and I focus on thoughts that feel good."

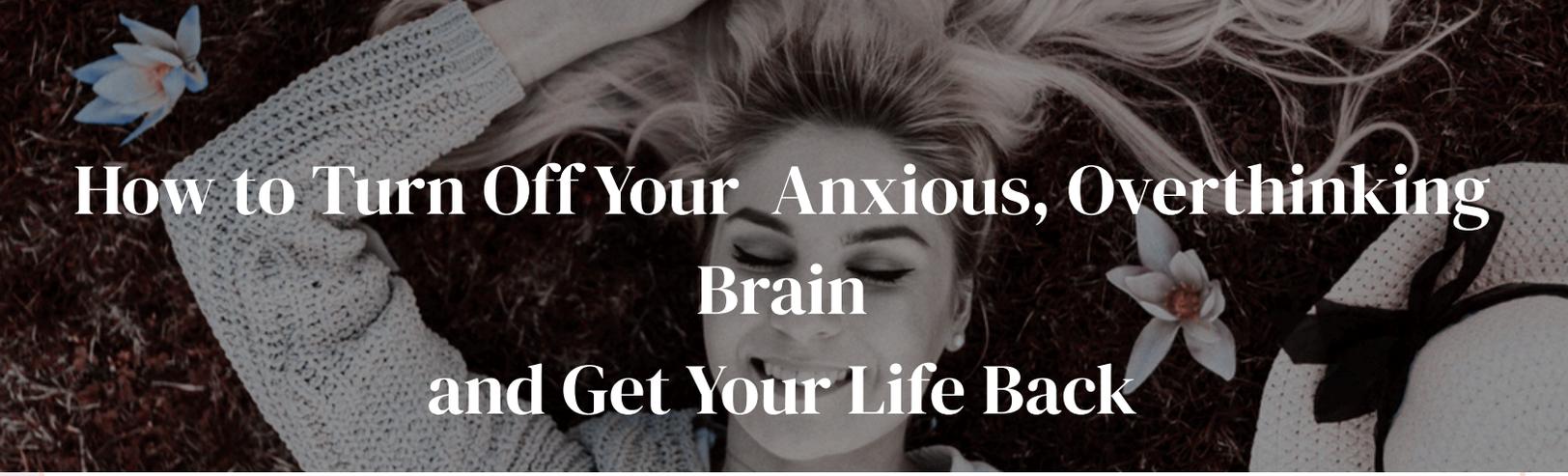
"When I notice my body relaxing, my mind feels more relaxed too."

"I can handle anything and everything that comes my way."

"I am doing the best I can, and I have everything I need to handle anything that comes my way."

Hosted by:
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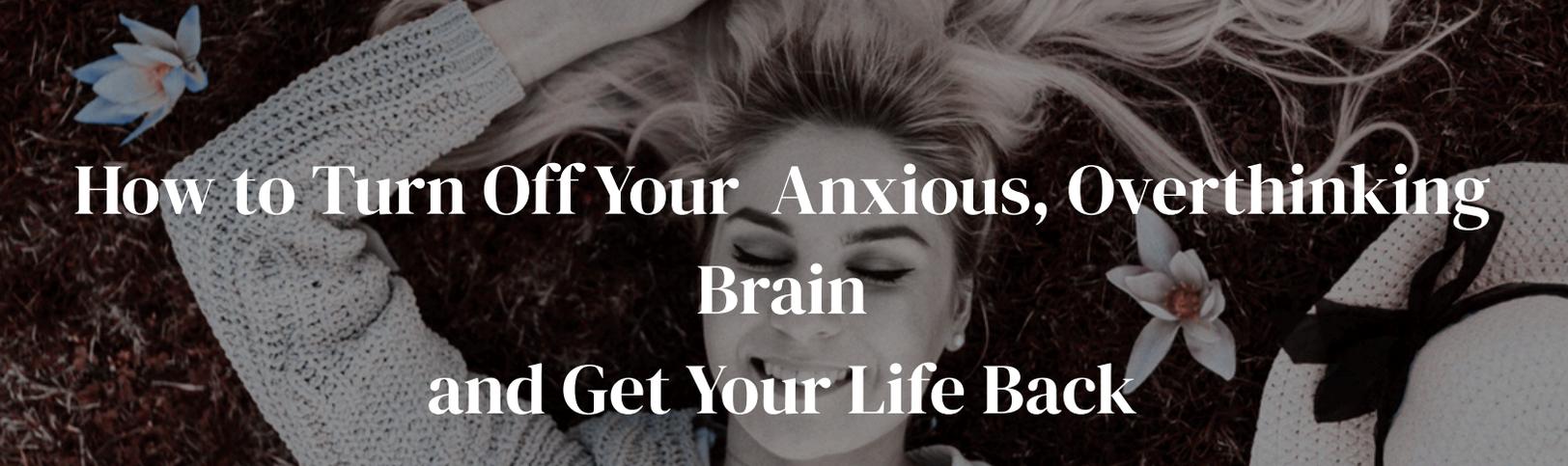
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Self-Hypnosis Variation #1 – The 5-Minute Reset

1. Take 3 deep breaths in for 3, out for 6. (The long exhale in particular taps into the parasympathetic nervous system which is our rest and recovery state.)
2. Softly gaze at one point, and gradually expand your peripheral vision to notice what is around you without directly looking at it.
3. Name out loud 3 things you can see, 3 things you can hear and 3 things you can physically feel. Keep emotions and meaning out. Just neutrally list them.
4. Name 2 things you can see, 2 things you can hear and 2 things you can physically feel.
5. Name 1 thing you can see, 1 thing you can hear and 1 thing you can physically feel.
6. Repeat your neutral statement 15x.

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Self-Hypnosis Variation #2 – 20-Minute Calm Mindset Maintenance

1. Take 3 deep breaths in for 3, out for 6.
2. Softly gaze at one point, and gradually expand your peripheral vision to notice what is around you without directly looking at it.
3. Name out loud 3 things you can see, 3 things you can hear and 3 things you can physically feel. Keep emotions and meaning out. Just neutrally list them.
4. Name 2 things you can see, 2 things you can hear and 2 things you can physically feel.
5. Name 1 thing you can see, 1 thing you can hear and 1 thing you can physically feel.
6. Close your eyes and imagine you are at your Relaxed Past Memory place.
7. Again, 3 things you can see, 3 things you can hear and 3 things you can physically feel. Keep emotions and meaning out. Just neutrally list them. (Can't imagine? Just remember. 😊)
8. Again 2 things you can see, 2 things you can hear and 2 things you can physically feel.
9. Again 1 thing you can see, 1 thing you can hear and 1 thing you can physically feel.
10. Now, hear yourself saying your neutral statement 15x.

For more support, join us for our next meeting or reach out at the info below.

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