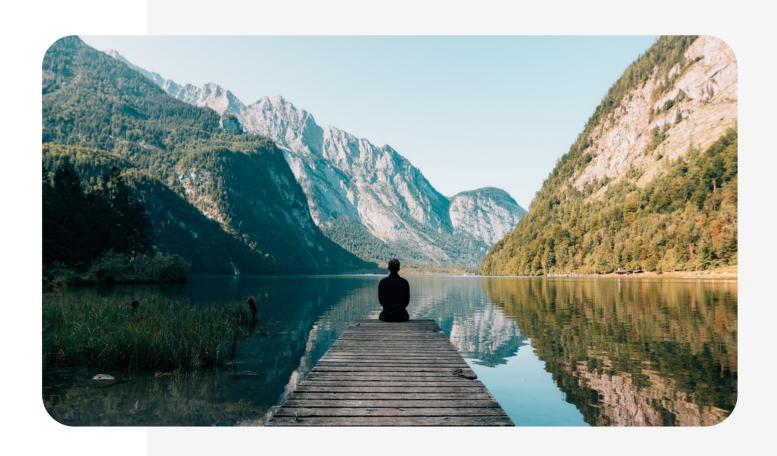# Mind-Body-Soul:

## A 10-Step Guide to Recharging Your Mental and Emotional Batteries

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## Our lives are in continual motion.

## The question is: how can you recalibrate when the ebbs and flows arise?

We crave certainty, homeostasis, and the familiar. It's a normal and natural phenomenon for us all.

However, just because something might be "comfortable" doesn't necessarily mean it's good for us longterm.

The motion of our lives may feel anxiety inducing, overwhelming, too much, too little, daunting, and the list goes on.

Our minds, bodies, and souls are communicating with us.

Are we listening?

What are we willing to do or NOT do to create more ease and peace?

So, here are some things you can do to recharge:

## 1. Normalize it

Everyone has an experience to reference that may have caused distress and at worst trauma. This may have ripple effects. Just because you're struggling doesn't mean something is wrong with you. It means you're responding to something that generated a lot of energy, usually a nervous system disruption, that has negatively impacted you. Normalizing your emotions, thoughts, and sensations creates a sense of connectedness and compassion -- two key ingredients for healing.

## 2. Process it

Sometimes we aren't always good at recognizing when we are feeling drained, irritable, or anxious. So, if you are receiving feedback from people regarding your behaviors, emotional expression, mental state, it may be worth taking a moment to evaluate whether they're accurate. If you notice the bubbling up of emotions, sensations, etc allow yourself to feel it. When you feel it you can move through it quicker and with more ease.

## 3.  Pause it

One thing I stress upon people is that taking breaks is critical to our wellbeing. When we get flooded with ever changing information or too much information, our bodies and brains shut down. Give yourself a break; take 15 minutes, 30 minutes, a half day. Anytime is ok. Taking breaks give your bodies and minds the ability to rest. When you feel like you don't have the time, THAT is most when you need the break.

## 4. Breathe through it.

I know, sounds simple right? It might also sound annoyingly obvious. When we are in stressful situations our breathing becomes shallow. Have you ever noticed yourself holding your breath? Yeah, that's not exactly helpful for calming down the body-mind. Take 3-5 deep breaths right now. Seriously. Anytime you can come back to your breath, you remind your body you are safe.

## 5. Listen to it

Did you know that sound affects our nervous system? Try this, open up your favorite music streaming services and type in "8hz – 13 hz". Some type of alpha waves playlist should pop up. This is the frequency that promotes relaxation, focus, and attention. So, lay on the floor and listen for about 10 minutes. Notice how your body feels after this practice.

What do you feel?

## 6. Reframe it

When you identify your thoughts more clearly, you can change the thinking. Our brains are wired to pay attention to negative information -- it's called the negativity bias. This bias is like velcro, it sticks to us even when we counter it with more positive, open-minded ways of thinking. The ratio of positives to negative vary, but a rule of thumb is for every negative thought try to come up with 3-5 positives. The key here is to make the reframe authentic to you. This isn't a toxic positivity exercise.
If the thought is "Today sucks." What about instead saying,"today is challenging me", "I need to dig deep today", "I have done difficult before and this is temporary".

Can you think of others that may be useful?

## 7. Tap it

We all have a vagus nerve that runs alongside our spine and connects to many of our major organs. It helps regulate all major bodily functions. When you start to notice an anxious thought arising try tapping areas of your body. Here's how you do it: take your middle finger (i.e., the birdy) and lightly tap on either side of your eye, on the bone directly alongside the eye. Alternate the tap for about 5-7 times. There is a whole sequence of tapping you can down on various parts of the body to induce relaxation and stimulate the vagus nerve; this is one.

## 8. Combine it

Reframe the thought and tap simultaneously. By doing both, you will maximize the results! You are creating new neural pathways in your brain AND engaging your vagus nerve. It's a 2-fer! If you want even better results, follow the sequence below and tap in the following locations on your body 5-7 times each:

### Eyebrow Point (EP)

Where the eyebrows begin, closest to the bridge of the nose.

### Side of Eye (SE)

On the bone directly along the outside of either eye.

### Under Eye (UE)

On the bone directly under either eye.

### Under Nose (UN)

The area directly beneath the nose and above the upper lip.

### Chin Point (CP)

This is the area just below your bottom lip and above the chin, right in the crease.
Collarbone Point (CB)
Starting from where your collar bones meet in the center, go down an inch and out an
inch on either side.
Under Arm (UA)
On your side, about four inches beneath the armpit.
Top of Head (TH)
Directly on the crown of your head.

## 9. Play it

Did you know that play and leisure time improves brain function, creates relaxation, develops social skills, heals emotional wounds and SO MUCH MORE! When you engage in play you engage different parts of your brain, which increases productivity! Isn't that cool? What can you do this week that is your kind of play?

## 10. Hug it

If you have safe and compassionate family, friends, or pets give them a hug. Touch is an important part of feeling connected to others. Oxytocin, dopamine, and serotonin are hormones that create a surge of happiness and feeling of contentment. It calms our anxiety/stress and promotes healing. When's the next time you can get a hug in?

Was this helpful?

For continued tips on how to reduce stress, increase your satisfaction with life, and move toward radical transformation, follow me on Instagram or book a FREE consultation call today!

 