

FUNDAMENTALLY FIT

GET YOUR MIND IN GREAT SHAPE

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YOU ARE TREADING WATER

▶ DO YOU ?

*DREAD GOING TO WORK ?

*HAVE THE SUNDAY NIGHT BLUES?

*HEADACHES, INSOMNIA, MUSCLE TENSION?

*ARE YOU ALWAYS TIRED ? APATHETIC ? RESENTFUL ?

*IRRITABLE ?, PROCRASTINATE ?

*DIFFICULTY CONCENTRATING ?

* USE UNHEALTHY COPING SKILLS
LIKE FOOD/ALCOHOL/OR DRUGS ?

YOU ARE BOBBING UP & DOWN

- **ASK YOURSELF THIS....**

*HOW DID IT GET THIS WAY ?

*WHAT IS IT I WISH I HAD IN PLACE, WHAT INFORMATION
DID I NEED IN ORDER TO AVOID THIS ?

*WHAT DOES MAINTAINING SELF-CARE AND BALANCE LOOK
LIKE TO ME ?

*THE DEFINITION OF STRESS: (“ACCORDING TO BOO”)

WHEN WE HOLD TWO OPPOSING THOUGHTS IN OUR MIND
ABOUT THE SAME SUBJECT:

“I WANT THAT BUT I CAN’T HAVE IT”

“ I SHOULD BE DOING THIS, BUT I DON’T WANT TO”

YOU ARE BOBBING UP & DOWN

* STRESS:

*THIS CREATES DISHARMONY IN THE MIND AND GIVES RISE TO STRESSFUL EMOTIONS. YOU ARE NOW AT ODDS WITH YOURSELF. WHEN AN OPPOSITE THOUGHT CONTRADICTS A DESIRE, YOU HAVE TO EITHER CHANGE THE THOUGHT OR RELEASE THE DESIRE. YOU CAN NOT DRIVE DOWN TWO ROADS AT THE SAME TIME. YOU MUST PICK ONE!

*WHAT IS YOUR DEFINITION OF STRESS ?

YOU SPOT YOUR RESCUER

*COGNITIVE DISTORTIONS ARE THE THOUGHT PROCESSES WE HAVE ADOPTED THROUGH BOTH NATURE AND NURTURE.

*WE ALL HAVE SOME OF THEM. SOME OF US MORE THAN OTHERS.

*COGNITIVE DISTORTIONS VALIDATE A SENSE OF HOPELESSNESS, HELPLESSNESS, OR NOT BEING GOOD ENOUGH.

*THEY ACTUALLY SERVE A PURPOSE, TO KEEP YOU SAFE.

*ALL BEHAVIOR, EVEN NEGATIVE, IS PURPOSEFUL.

*OUR ULTIMATE HUMAN NEED IS FOR SURVIVAL.

YOU CATCH THE BUOY

*YOU HAVE IDENTIFIED HOW YOUR THOUGHTS AFFECT HOW YOU VIEW THE WORLD, YOURSELF, HOW OTHERS VIEW YOU, EVEN HOW GOD VIEWS YOU.

RAIN ACRONYM:

*BUT THEN, YOU CATCH THE THOUGHT.

*RECOGNIZE, ACCEPT, INVESTIGATE, NON-IDENTIFY.

*WHO WOULD YOU BE WITHOUT THAT THOUGHT OR THINKING PROCESS ?

*HOW WOULD YOU PRESENT YOURSELF, SHOW UP IN LIFE, SPEAK, AND ACT DIFFERENTLY WITHOUT THAT THOUGHT ?

YOU ARE PULLED ON DRY LAND

*REFLECT RIGHT NOW-

THERE ARE PHYSIOLOGICAL AND EMOTIONAL REASONS WE REACT, RATHER THAN RESPOND TO LIFE.

HALT ACRONYM:

*HUNGRY/ANGRY/ANXIOUS /LONELY/ TIRED

*THE STATES OF BEING THAT LEAD TO GUILT, REGRET, SELF-LOATHING, AND SHAME.

*MINDFUL AWARENESS OF OUR “STATE” IMMEDIATELY GIVES US AN OPTION IN THE WAY WE RESPOND.

***THE GOAL IS TO RESPOND,
RATHER THAN REACT .**

AND NOW, YOU ARE BASKING IN THE SUN

*TAKE EIGHT BREATHS IN, HOLD FOR EIGHT, RELEASE FOR EIGHT.
DO THIS AT LEAST FIVE TIMES.

*CREATE NEW BOUNDARIES, LIKE SAYING NO.....

*HELPFUL PHRASES FOR SAYING NO:

“I CAN’T GIVE YOU AN ANSWER RIGHT NOW, WILL YOU CHECK
BACK WITH ME ?”

“I SURE WANT TO, BUT I AM UNABLE”

“I REALLY APPRECIATE YOU ASKING ME, BUT I CAN’T DO IT”

“I’M GOING TO SAY NO FOR NOW, BUT WILL LET YOU KNOW IF
SOMETHING CHANGES”

“NO, I CAN’T DO THAT, BUT HERE IS WHAT I CAN DO”

“I HAVE TO KEEP MY LIFE VERY STRUCTURED RIGHT NOW, WHEN I
GET IN A MORE FLEXIBLE PLACE, I WILL LET YOU KNOW”

FINALLY.... HEADED HOME !

- *REMEMBER: YOU HAVE SURVIVED 100 PERCENT OF YOUR WORST DAYS !
- A THOUGHT IS HARMLESS UNLESS WE BELIEVE IT. IT IS NOT OUR THOUGHTS THAT CAUSE SUFFERING, BUT ATTACHING TO A THOUGHT. THAT MEANS BELIEVING THAT IT'S TRUE, WITHOUT INQUIRING. A BELIEF IS A THOUGHT WE HAVE BEEN ATTACHING TO, OFTEN FOR YEARS.
- THE TIMES WHEN YOU DON'T FEEL LIKE BEING POSITIVE ARE THE TIMES WHEN BEING POSITIVE MAKES THE BIGGEST DIFFERENCE.
- WHEN YOU ARE STRUGGLING THE MOST: SAY THIS: "THIS IS A MOMENT OF SUFFERING.SUFFERING IS A PART OF LIFE. MAY I BE KIND TO MYSELF IN THIS MOMENT, MAY I GIVE MYSELF COMPASSION AND UNDERSTANDING".