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 COPYING SKILLS LIKE FOOD/ALCOHOL/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, NONIDENTIFY.

*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”.