

5

Fantastic ways
to **THINK BETTER**
✧
FEEL BETTER
✧
LIVE BETTER!



Bright Butterfly





Welcome to 5 Fantastic ways for women who want to

Think Better, Feel Better and Live Better!



We are often juggling a whole host of things: tending to children, jobs, the daily chores dealing with the long commute; this can often mean that our needs end up at the bottom of the list and what suffers is our own wellbeing. We put on weight, lose confidence and then get anxious. So the ability to deal with the normal stuff becomes even more of a challenge and bigger dreams become overwhelming. So I wrote this Ebook, to provide some essential tools to reduce anxiety and take action with confidence.

Why 5 fantastic ways?

✦ Start with small easy manageable changes to enable you to focus on changing unhelpful outdated patterns of behaviour. As the conscious mind can only deal with 7+/-2 things at the same time it can become overloaded - so no point in having a 10-point plan to change your life! Guaranteed you will feel overwhelmed.

✦ It takes repetition of new behaviours to obliterate old habits and embrace new habits, so it is best to try a few things out and get them into your daily habits. So focus on small changes over a short period of time and then when you have made new habits you can set new goals. Number 1 in this series is a habit buster.

So you have 3 easy ways to engage the conscious mind to **Think Better, Feel Better and Live Better** and 2 tools to involve the subconscious mind.

Join my **Facebook** page and look out for my monthly blogs and newsletters for more tools, once you have mastered the Five, and maybe you can add 9 new practises to your life

I hope you enjoy it and above all gain some benefit, energy, motivation and peace of mind!

Love

Jo x



1. *Thought Stopping*

Thought Stopping can be used to beat a craving or to get rid of negative thoughts.

1 Close your eyes and mentally place yourself in the kind of situation where you might be tempted to think about your problem or type of food you want to stop eating.

2 Verbalise your thoughts, as if you are thinking out loud. If you are unaware of any verbal thoughts, translate your feelings into words or describe your mental images.

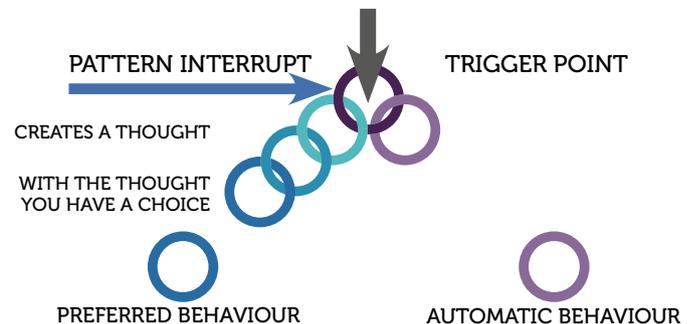
3 Verbalise your thoughts; focus on thoughts that might lead you to think about your problem.

4 Now blank your mind, and start again, saying your thoughts aloud. This time interrupt them by clapping your hands sharply and saying the word "STOP!" You should interrupt yourself close to the beginning of your train of thought, but not before you feel you are getting into the flow of the thinking pattern. Visualise a big, bright colourful, neon sign flashing the word "STOP!" each time you clap your hands. Do this vividly. Clap your hands forcefully together and yell stop until the word rings in your ears.

5 Blank your mind and relax as deeply as they can. Repeat your coping statement and focus on meaning what you say. Repeat the previous step 3-5 times in total.

6 Repeat the same process again, 3-5 times. But this time just imagine the sound of your hands clapping, and your voice shouting "STOP!", and imagine that bright flashing sign. Between each repetition, relax, blank your mind, and focus on repeating your coping statement.

7 Do the same thing, on any relevant negative thoughts that come into your mind. It's important to do so repeatedly and with force, and by doing so you will certainly learn to suppress the negative thought patterns.





2. Celebrate – Be thankful

If you want to **think better and feel better** about your life; a simple and effective practice is to daily recognise all the things you have to be grateful for in your life.

With so much material abundance around us, we are often seeking more and more, and this can lead to dissatisfaction and therefore we may miss out on what is already great and happening around us! Paying attention to all the negatives in life, can hold you back from accessing all of the success, abundance and happiness that your true purpose promises.

But the great thing is that you can start to break this pattern of negative thinking by getting into the habit of recognising things that you are **grateful** for in your life each and every day. As a result, you will find that you naturally start to pay more attention to the positive things happening around you in your daily life.

The more you do this activity, the more you see the positive in smaller things and this creates lots of positive 'highs' throughout the day. You will cause a shift in your thought patterns, leading to more positive emotions and a brighter attitude.

I love this exercise as I find that I now regard so much more the simple things as blessings that would otherwise have passed me by.

Overall this simple daily habit can create so much richness and abundance.

A lovely way to do this is get a nice colourful journal, to capture daily three things you are grateful for.



This is my current journal, I love the colour, the flowers and of course the butterflies

3. *Nutrition*

You are what you eat and digest

If you want to **live better and feel better** then think about what is going into your body.

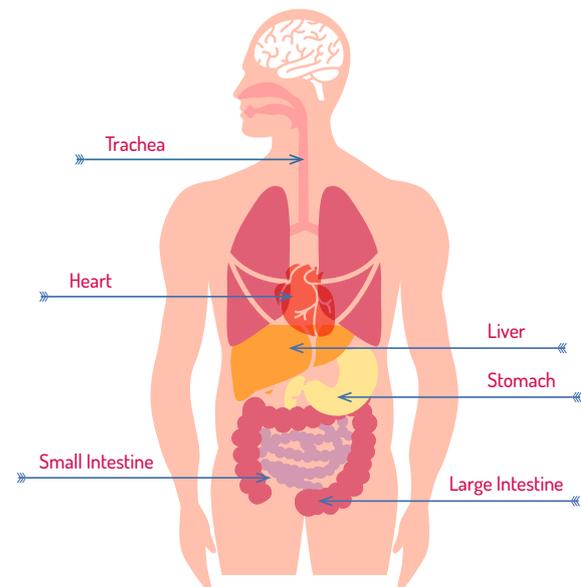
Steven Horne describes the following principles in his Video from Nature's Sunshine on 'you are what you eat and digest.'

✦ Good digestion is a foundation for good health

✦ Without good digestion, you cannot get the nutritive value from the foods you eat

✦ Poor digestion is the primary system that needs to be corrected in nearly all chronically ill people

13.3 million days are lost per year due to stress, depression and anxiety. (Mental Health Foundation.) So can Nutrition help? Yes, it certainly can. Think mind and body and look after both. On the next page are a few thoughts.





Nerves and Digestion

As well as what we put into our body, we need to consider how we eat. If we eat when we are stressed, we decrease the efficiency of the **digestive** system. Eating on the run, while stressed or anxious, causes indigestion and interferes with accommodation of nutrients.

How does this happen?

When we experience the activation of the Sympathetic Nervous System	We experience the following:
<p>Part of the nervous system that activates what is often termed the fight or flight response.</p> <p>It is involved in the stimulation of activities that prepare the body for action, such as increasing the heart rate, increasing the release of sugar from the liver into the blood.</p>	<ul style="list-style-type: none">✗ Decreases saliva✗ Inhibits pancreatic secretions✗ Inhibits peristalsis (digestive process)
<p>Controlling our breathing activates the Parasympathetic nervous system that serves to slow the heart rate, increase intestinal and glandular activity, and relax the sphincter muscles.</p>	<ul style="list-style-type: none">✗ Increases saliva✗ Pancreatic secretions✗ Stimulates peristalsis (motility)✗ Stimulates stomach and intestinal secretions



Relax while you eat

So you can see the scientific benefits on why we need to slow down and relax when we are eating.

Planning time in your day for regular breaks to eat, will not only have a big difference on your stress levels, it increases your ability to lose weight. If you slow down and relax while eating your stomach will send signals earlier that you are full, so you will eat less. Eating quickly, not savouring your food, can also mean that you search for

the next meal sooner, as your brain has not had the message that you have eaten.

So have a go and practice the following when you eat

- ✦ Sit down
- ✦ Slow down
- ✦ Savour the taste





4. *Visualise the Best of You*

Now for the + 2, working more with the subconscious mind!

Whatever you think of is the product of your own mind and as a famous writer called Napoleon Hill (1883 - 1970) once said:

***“What the mind of man can conceive and believe,
it can achieve”***

This technique is from the *7 Ways and 7 Days to Banish Anxiety* by Terence Watts, Essex Institute. I attended Terence's 'Generalised anxiety course' and have used this myself and with many clients.



It is one of life's great truths that you cannot know how you would be if you were not as you are – **so you need to make sure that you know how you want to be before you start the process of change!**

So you'll begin by thinking about how you really want to be.

'Not feeling anxious' is not the right sort of answer here because that only tells you what you don't want and says nothing about what you do want. Be specific. You will benefit from taking just one aspect of your life and thinking about that, something that you feel uncomfortable about – there might very well be dozens but we don't have to fix them all at once.

Now you've got that thought in your mind, imagine, as vividly as you can, how you would really like to be in that situation if you were not as you are. Be as outrageous as you like – in your thoughts you can be anything!

Next part of the exercise: Thinking of how you want to be, see or imagine yourself as if you are watching yourself from the outside (that's called 'dissociated') on a short video clip. Make it vivid.

When you can see that clearly in your mind's eye, or just vividly think it, then shift the focus so that it is as if you were actually there seeing what you would see and hearing what you might hear (which is called 'associated').

Do that several times until it stops getting easier – in other words, until you can do it without having to think too hard about it. There's no need to rush. This is not a race and you need 'thorough rather than fast'. So, to recap the 'plan':

- 1.** Think of a situation where you feel uncomfortable.
- 2.** Vividly imagine how you would like to be.
- 3.** See yourself in dissociated mode.
- 4.** See yourself in associated mode.
- 5.** Repeat from (3) until it feels easy.

5. *Relaxation recording*

[Link to the download](#)



You now have access to a 10-minute Relaxation hypnosis recording to help you to **Think Better, Feel Better and Live Better.**

Relaxation is important to reducing anxiety and stress and enabling the body and mind to restore balance and perspective. Stress affects our mood, sleep patterns and our resilience levels, all factors important to health and vitality.

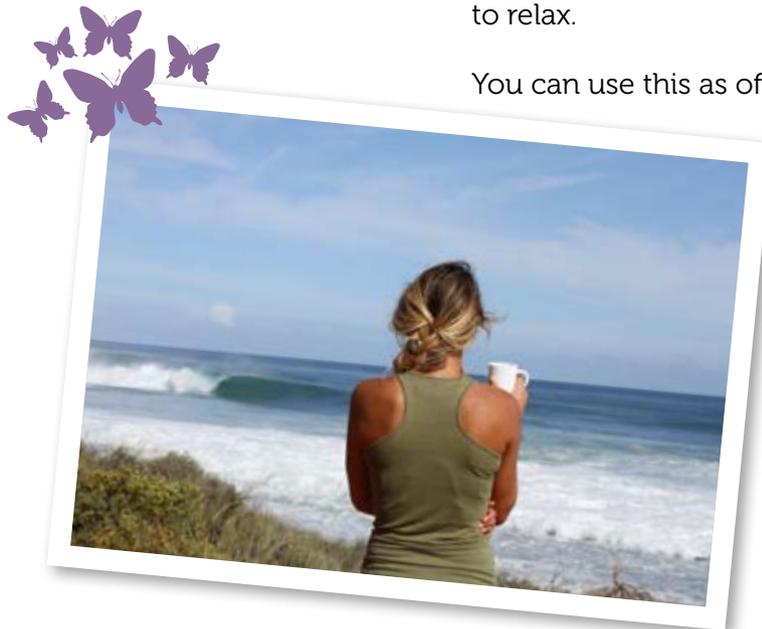
This short relaxation enables you to learn to relax, be calm and also become accustomed to hypnosis.

So nurture yourself and find 10 minutes a day to listen and relax.

Do not use when operating machinery or driving.

Enjoy before you go to bed or schedule out some 'me time' and find a quiet place to relax.

You can use this as often as you like.





Conclusion



So now you are armed with **5 fantastic ways** to **Think Better, Feel Better and Live Better**, that you can easily continue to apply over the next few weeks and build into your daily life. Remember to sign up to **Facebook** and look out for my blogs on more ways to get the best version of you.

So what are you waiting for, go on... put yourself top of the list today and start on your journey.

If you feel you need more support to help you on your journey, then I have the solution for you.

Whether it is to reduce your weight, improve your confidence, deal with fears and phobias, or you want to make some changes in your life I can support you to achieve your goals.

I would love to hear from you and if you are struggling to achieve your goals and could really use some help to clarify your goals and support to enable you to make the changes you need, then sign up for a **complimentary consultation session**.

Love



Find out more information on how you can **Think better, feel better and live better** click on the link below:

brightbutterfly.co.uk

