

THE POSITIVE MINDSET COACHES



in partnership with
Carers Plus Yorkshire



Mindset and Wellbeing Support Pack



CONTENTS

- 1.What is Mindset?
- 2.How Does the Conscious and the Subconscious Mind Work?
- 3.The Conscious Mind
- 4.The Subconscious Mind
- 5.Power of Thought
- 6.Exercise 1: Thought Train
- 7.Exercise 2: Think & Flip
- 8.Exercise 3: Spheres of Control
- 9.Exercise 4: Senses Worry Release
- 10.Exercise 5: Rain
- 11.Exercise 6: Power Statements
- 12.Exercise 7: Breathing
- 13.Exercise 8: 1, 2, 3, Go!
- 14.Exercise 9: 7 Day Challenge
- 15.Exercise 10: Gratitude Journal

WHAT IS MINDSET?

Mindset is essentially how we view the world and we have been building it our whole lives. It's made up of our observations, assumptions, and conclusions about everything that's ever happened to us, or around us. It is pretty much our life baggage that we carry around with us constantly.





We tend to accept what goes on in our heads as truth, but much of it is based on misleading, sometimes random information. Many of our observations were inherited from other people, such as our parents and teachers, when we were too young to challenge their validity for ourselves. These long-held beliefs are stories that we tell ourselves. They're not The Truth. These old stories can trap us in ways of thinking, feeling and behaving that don't serve us or our personal growth very well.

Due to the fact that we all have different lives, different experiences, different programming etc; no two people will experience the same event the same way. They will use their back catalogue of experiences and beliefs to shape their response. Some will seemingly be unaffected, others will be really challenged by the experience, yet others will be affected but not show it. It is all part of our uniqueness.

We have very limited control over what life has in store for us. The only thing we can absolutely control is how we choose to respond. So if the challenges we face are being confirmed by what's going on in our mind, the only thing we can do is change the way we think.

HOW DO THE CONSCIOUS AND SUBCONSCIOUS MIND WORK?

In the simplest terms, the mind is like a computer.

The brain is the hardware – the physical computer. It has all the power connections, wiring, storage, memory and processing power we need to function as a human being.

Our mind is the software; the programmes we load onto the hardware in order to make it function. It's the operating system that gathers, stores and manages information, using the massive processing resources of our brain.

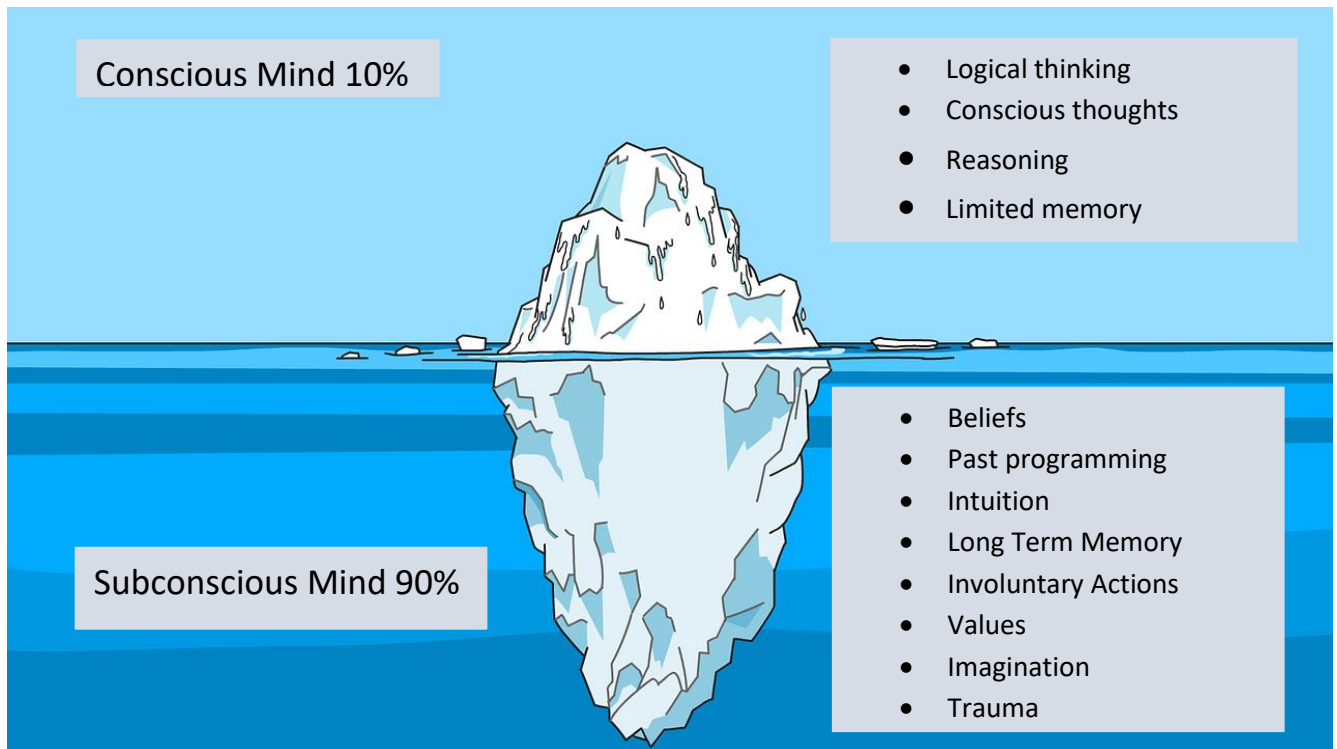
In reality, our brain and our mind are inseparable – they're part of the same entity and one can't operate without the other.





Our thoughts are generated by our mind and have different layers of consciousness.

THE CONSCIOUS MIND



It is believed that our conscious mind makes up less than 10% of the mind's power. It is responsible for:

Gathering data

Processing the data you're collecting

Finding patterns and making comparisons

Making decisions and gives orders

Enabling you to respond thoughtfully to situations

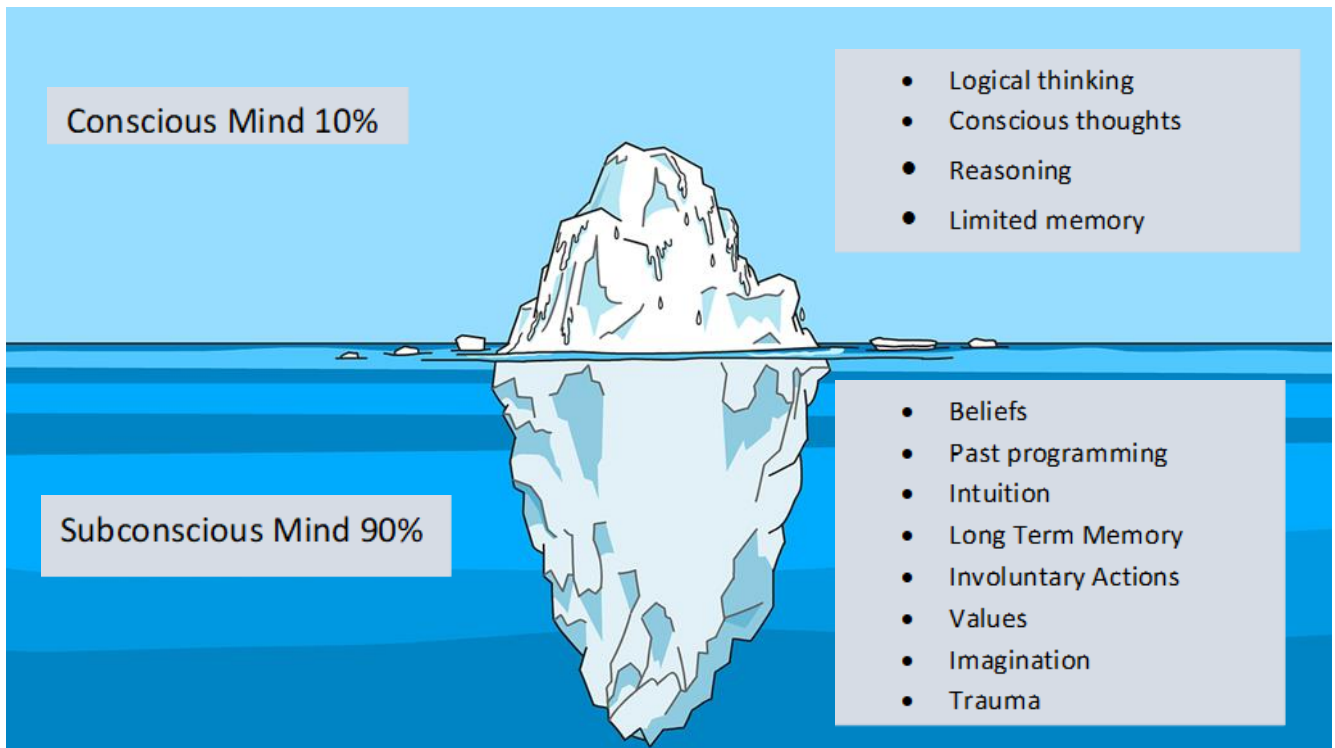
Controlling your short-term memory

When something is in our conscious mind, it's deliberate and we are 'aware' of it.





THE SUBCONSCIOUS MIND



Our unconscious mind is immensely powerful. It runs most of the workings of our body; breathing, digestion, sleeping, heart rate, temperature control – all without us having to do anything. It protects us by trying to maintain a steady-state of being. It does not know what is real or imagined.

The subconscious mind is where:

- our emotions live
- our imagination and creativity live
- our habits are created and maintained
- our fight or flight instinct comes from
- our long term memories are stored
-

This is why we sometimes feel uncomfortable when we are trying to make a change. Our mind wants to direct us back to what is familiar and 'safe'. The ultimate job of the subconscious mind is to keep us alive at all costs.





THE POWER OF THOUGHT

As we have said before, the subconscious mind can't tell the difference between an experience that's real and one that is imagined. For example, I could describe vividly the smell of baking bread and you would possibly begin to salivate. I could describe the smell of rotting fish and your stomach could begin to feel sick. Your thoughts have the power to create this physical response. The fact that you can have an automatic physical, emotional and cognitive response to events that exist only in your imagination or memory creates an interesting paradox.

On the one hand, imagining or remembering difficult scenarios can have the same effects on our mind, body and emotions as actually experiencing those events. For example, worrying about something that may never happen can trigger anxiety. Remembering an event that made us feel angry, stressed, guilty, hurt, ashamed etc can take us right back into experiencing those strong feelings all over again.

The act of thinking about a future or past challenging event creates an increased production of stress hormones, elevated heart rate, raised blood pressure, interrupted digestion, etc. That's why it feels so uncomfortable. On the other hand imagining or remembering positive, helpful and advantageous scenarios, will create the same feelings and chemical reactions in our body as we felt at the time.

Our thoughts and our imagination create our reality. What we think we become. With that in mind and a few tweaks to our thought processes...the only limit is ourselves.

EXERCISE 1: Thought Train

This simple exercise can help the people you support to understand that they don't have to become involved with every thought. They can simply observe them. In doing





this, the goal is not to change their thoughts, but rather to change their relationship with them. For this exercise, you are welcome to use this explanation like a script. Use a calm and relaxed voice to help the person you are supporting to feel the same.

- We can view thoughts like trains at a station; they come and go just like the trains do. You are standing on the platform, watching the trains/thoughts go by.
- When the train arrives, it sometimes passes straight through the station without stopping, and other times it stops for a while.
- When the train stops at the station (staying in their mind), it is possible that you will feel different emotions.
- It is OK to feel things and that is absolutely normal.
- Take deep breaths and focus on breathing rather than the train.
- Observe the train as it leaves the station.

EXERCISE 2: Think and Flip

This is great for helping us to begin learning a more positive way of viewing things and reprogramming the subconscious mind to automatically react in the same way. By employing the 'Think and Flip' principle it makes it easier to begin challenging our thoughts and flip them into a positive, more uplifting mindset.

For example:

I feel low today.....I won't always feel this way

I miss my family..... I am helping us all to stay safe right now

I am anxious to see my family I am excited to see my family as soon as I can

Remember the subconscious neither knows what is present, past or future, what is real or imagined. It just does as it is told. If we tell it uplifting things, it will produce more evidence from its database to back up the thoughts.





EXERCISE 3: Spheres Of Control

Many of the things we worry about are inevitably based on 'what if'. When we think of 'what if' it means that we are thinking of things in the future and have not happened or may never happen. If it is something that may or may not happen in the future then there is nothing that can be done about it. It is not within our control.

A simple way to overcome worry about the future or the past (if it has already happened then it cannot be undone) is to look at Spheres of control. By asking ourselves about what we can or cannot control in that very moment, allows us to either make a change OR let it go.

Exercise:

- Ask yourself 'What can I control about this situation right now?' Make a list of the things you can control and a list of all the things you can't control.
- With the list of things you can control, what can you do specifically? Who can help? When are you going to do it?
- Regarding the list of things you can't control, try to let it go. If you cannot influence or change it, there really is nothing you can do.

This is a simple win, and with practice can be a really beneficial tool to help when worrying or frustration takes over. In the next task, we will look at how you can help someone who is still struggling to allow the worry to go.

EXERCISE 4: 5 Senses Worry Release

This is a really simple task to help you get out of your head and in the moment.





EXERCISE 5: Rain

Throughout any day we will all feel a multitude of emotions. Learning to accept and sit with each emotion without judgement of whether it is good or bad can be central to being at ease with life. Try the RAIN technique throughout the day on a range of feelings.

In time the process becomes automatic and quicker to do.

R= recognise

A= allow

I= investigate

N= natural awareness

1) Recognise- recognise what you are feeling. Ask yourself; What's going on for me right now? What am I feeling? What am I thinking? 2) Allow- allow yourself to be honest and to sit with those feelings even if they feel hard work. Don't do something to distract yourself or avoid them.





3) Investigate- investigate your feelings with self- kindness. Ask yourself; what does this emotion/ thought want from me? What is it trying to tell me? Why am I experiencing it now? What can I learn from it?

4) Natural awareness- this comes as a result of completing the other three actions. What have you become aware of? e.g. I have unhappy emotions and negative thoughts but they are not who I am and they soon pass.

POWER STATEMENTS AND THE SCIENCE BEHIND THEIR EFFECT

Many of us do repetitive exercises to improve our physical health, and Power Statements are like exercises for our mind. Positive mental repetitions can reprogramme our thinking patterns so that, over time, we begin to think and act differently.

According to researchers, spending just a few minutes thinking about your best qualities can calm your nerves, increase your confidence, and improve your chances of a successful outcome. In one study, a short Power Statement exercise boosted the problem-solving abilities of "chronically stressed" subjects to the same level as those with low stress!

What's more, Power Statements have been used to successfully treat people with low self-esteem, depression, and other mental health conditions. And they have been shown to stimulate the areas in our brains that make us more likely to affect positive changes in regard to our health.

This is why we put so much high value on them when working with our clients. They can be done at any time of the day and nobody would ever know that you are doing it. Once done correctly and repeatedly they are a brilliant quick win for anybody.





EXERCISE 6: Power Statements

- Ask the person you are talking to: 'How do you want to feel?' Do you want to feel in control? Free? Strong? Safe? Ask them to pick 3 things that they want to feel right at this moment.
- Now, using this information to help them to create their power statements i.e. I am strong
I am safe
I am in control of how I feel
- They can say them out loud or in their head. The most important thing is that they really listen to themselves. Breathe deeply and slowly and take their time.

When Should Power Statements Be Used?

- They can be used at any time of the day.
- Whenever they feel negative thoughts or their mind becoming busy, they can use them to ground themselves back into the moment and give themselves a boost at the same time.
- To make it a new habit it is best to 'piggyback' off an existing habit such as, when brushing their teeth, in the shower, etc.

Top Tip:

The good thing about power statements is that whilst they help the person to stay in the moment, they don't have to believe what they are saying. Their subconscious won't know the difference. Remember the subconscious mind does as it is told. If they are telling it that they are all the positive things, it will see that as fact and help them to feel good.





EXERCISE 7: Breathing

Complete a simple breathing meditation for at least 5 minutes each day. Build up to increase the time as it becomes more familiar.

This can be done by following the steps below:

- Sit or lay comfortably.
- When you are ready, close your eyes and begin to focus on your breathing.
- Breathe in deeply through your nose. As you breathe in focus on the feeling of the breath entering your nose. Is it warm or cold, does it tingle or tickle etc.
- Next breathe out through your mouth slowly, as if blowing up a balloon. Concentrate on the feeling in your body as you breathe out. Where do you feel it first? In your lungs, your abdomen etc.
- Continue following the steps above, breathing deeply but at a natural pace and rhythm for yourself.
- NOTE your mind will wander as that is what it is programmed to do. Accept that. Notice when your mind has wandered and bring it back to focusing on the breath. In time the wandering will become less frequent and for less time. It is also worth noting where your mind wanders to. These are important indications to where you place a lot of your mental energy when you aren't aware of it.

EXERCISE 8: 3-2-1 Go!

Showing gratitude and focusing on why you are grateful is scientifically proven to improve your emotional wellbeing. Sometimes it feels hard to think of things to be grateful for because we are looking for big, lifechanging things. In fact, focusing on the small things in life and why we are grateful for them, have a much bigger impact. This exercise requires the person doing it to commit to completing the task each evening. 'Practice' is important here, the more they do it, the more it works. The





person completing the exercise will see that each day there are positives and achievements made.

3-2-1 Go!

- List three things that went well today and why they went well.
- List two things that make you proud and say why.
- Say one thing you will do tomorrow to make it amazing and why.

EXERCISE 9: 7 Day Challenge

Get mindful and in the moment with our seven day challenge. Choose one box to complete each day over seven days. As you can see there are more than seven challenges here. This offers variety or the option to extend it for more than seven days.

Find five unexpectedly beautiful things as you go through your day.	Spend 5 minutes doing nothing but looking out of the window and observing the activity of wildlife. This might be plants or bird life.
Spend the day giving as many compliments as you can. These can be compliments to yourself or others.	Go through old photos and reminisce about your favourite memories.
Everyday for the week take a photograph of something that makes you happy.	Revisit a hobby or interest that you used to do but no longer do. This may be picking up an unfinished piece of work or researching ways back into it.
Practice peaceful eating- chew slowly, savour the taste and enjoy.	Write positive notes to yourself and leave them around the house where <u>you'll</u> see them.
Write a thank you note to someone who is important in your life. You can decide whether you send it or not.	Refrain from complaining for a whole day. See how much better you feel at the end of the day.
Spend 5 minutes breathing deeply and focusing on your breath.	Tune into your body and scan for where you feel tense or pain. Give that area a rub or squeeze. Relax and breathe deeply. Notice what happens to the tension or pain.
Wake up early and watch the sunrise. If you cannot see the sunrise from your window, watch the world outside as it wakes up.	Declutter an area of your home that you see often. Get rid of anything that <u>isn't</u> useful or beautiful.





EXERCISE 10: Gratitude Journal

Intentionally showing gratitude is scientifically proven to increase a person's sense of happiness and wellbeing. What's even more amazing is that this sense of wellbeing continues for up to three months after a person stops journaling their gratitude.

It can feel tricky to start with but the key to success is looking for the small things that make you happy and then adding the WHY they make you happy. The why is essential for truly benefitting from gratitude. Some people like to start the day with showing gratitude and others prefer to do it at the end of the day. I think the latter is easier and makes you actively look for things that make you happy during the day. Below is an example of how you could start a gratitude journal BUT there is no set way to do it. A bullet point list, a mind map, a sketch anything works as long as you focus on the reason why you are grateful.

Gratitude Journal

Three Good Things

Day 1

One good thing that happened to me today...

Something good that I saw someone do...

Today I had fun when...





Mindset is Everything