



## *Sue Evans, Fast and Lasting Change*

### *Getting rid of a headache – Step by Step*

This 5 minute mind makeover is a technique for getting rid of a headache; or any other type of pain which is serving no purpose in protecting your body from further harm.

Of course, aspirin and paracetamol are cheap and readily available; but you might not have any to hand, and they don't always work. This technique gives you another option for shifting the discomfort so you can get on with your day.

The most common headache cause is dehydration, so make sure you drink plenty water and avoid caffeine and alcohol. And of course, if any discomfort persistently recurs, it's best to get it checked out with your GP.



#### *Here's a step-by-step reminder of what to do*

Close your eyes. Take a few deep breaths, and let your shoulders drop. Imagine your thoughts and your body slowing down as you begin to relax.

Notice where the pain is in your head, and give it a colour and a texture. Notice how that colour and texture occupy that space in your head. How they move, and how you experience the discomfort. What colour and texture would you like to feel in that space instead – what would be really comfortable?

Hold out your hand, and imagine that you're holding a small, empty cardboard box. Now imagine that you start to take that colour and texture of the headache, removing it from your head, and placing it in the box. Keep going until all of it is in the box.

Imagine sealing up that box in your hand, taping it tightly shut, and throwing it far away towards a distant horizon. You don't need it any more.

Now how does it feel as that space in your begins filling with that desirable colour and texture. Imagine it flowing in, and notice how it moves and settles into the space, soothing.

Build that comfortable feeling, letting it spread all the way through your head, down through your neck and into your body.

And with every breath, you can strengthen that good feeling, notice how its colour becomes even more intense, its movement and its texture more distinct, the feeling even more comfortable.

You're setting a new pattern, saying to the parts of your thinking outside you're awareness 'This is what I want: This good feeling', and your brain and your neurology respond – as they do best to good, clear instructions.



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# 5 Minute Mind Makeovers



The skills of 5 minute mind makeovers access the parts of your thinking outside your awareness - the parts which actually shape your experience of the world, and where you can make lasting change, almost instantly.

Many makeovers use your imagination, and it surprises me how many people think they don't have a good one: Yet they can worry with the best of them, so they're great at imagining things going wrong.

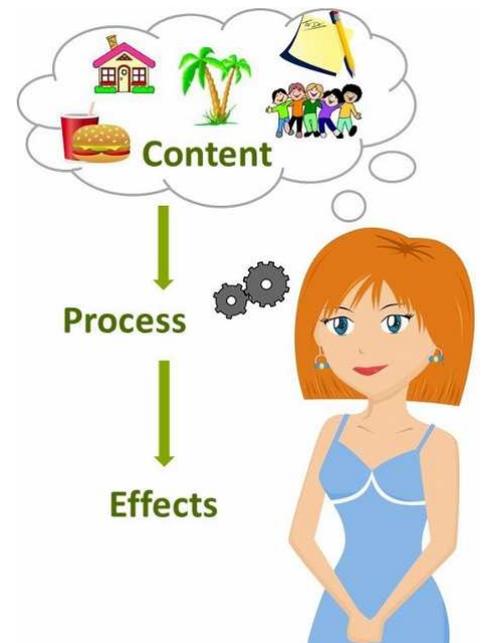
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

Did you know that your thinking has a process? It's generally the content and the effects (how it makes us feel) that get all our attention, and we leave the process to do its own thing.

The vast majority of our thinking is automatic. Imagine the distraction if your brain made you aware every time it tweaks your blood pressure or your temperature; or described to you exactly how you digest your food. You don't need to know.

These automatic routines keep us functioning; but every now and again, your brain picks up one which is less helpful – like an anxiety response, or an upsetting memory; which, though it's often illogical (and sometimes highly disruptive), runs just as automatically as your digestion.

My range of 5 minute mind makeovers will teach you the skills to change your automatic programmes, simply and effectively; switching off unhelpful ones, and building in the ones that get you results that you want. It's like being able to go into your own brain software, right at the code level – so the change is fast, and lasting.



I'll regularly be adding to the range of 5 Minute Mind Makeover topics, which you can find at [www.fastandlastingchange.co.uk/5minutemindmakeovers.html](http://www.fastandlastingchange.co.uk/5minutemindmakeovers.html)

If there's a topic you'd like covered which isn't there yet, please get in touch and let me know  
Enjoy your skills