



Sue Evans, Fast and Lasting Change

Quick reset – Step by Step

This 5 minute mind makeover is a technique for changing your state. There could be any number of reasons that you'll want to do this:

Maybe you're uncomfortably stressed or anxious, or that something's worrying you, and you want to switch that worry off

It may be that something's happened that you keep replaying in your mind, making yourself feel bad

Or simply that you've been concentrating on a task, and you want to stop thinking about that to go off and do something else.



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

Sit comfortably, with your feet flat on the floor. Empty your lungs, then take a deep, slow breath in

Holding the breath for a few seconds, keep your head facing forwards and look up to the ceiling, moving only your eyes

Close your eyes, and slowly breathe out

Repeat – this time, as you breathe out, wobble your jaw to make sure the muscles are fully relaxed and there's no teeth clenching

Repeat – and this time, as you breathe out, allow your shoulders to really sag and soften

Then keeping your eyes closed, and breathing evenly, and comfortably, at whatever pace feels right for you....

Imagine that you're surrounded by a warming energy – it might feel like the sunshine on your skin, relaxing all the muscles from the outside

As you breathe it in, the energy can travel all the way around your body, soothing

Imagine it mixing with the oxygen, so that it can pass into every single cell of your body, flowing like warm honey, soothing and softening

Allow your thoughts to drift and slow down, taking a few minutes to really indulge in letting go

Noticing which part of your already feels the most comfortable, and allowing that comfortable feeling to spread, all the way around your body, through every muscle, every sinew

And if you're talking to yourself in your mind, have that voice slow down. All the way down, so the gaps between the words get longer and longer..... As you relax



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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.

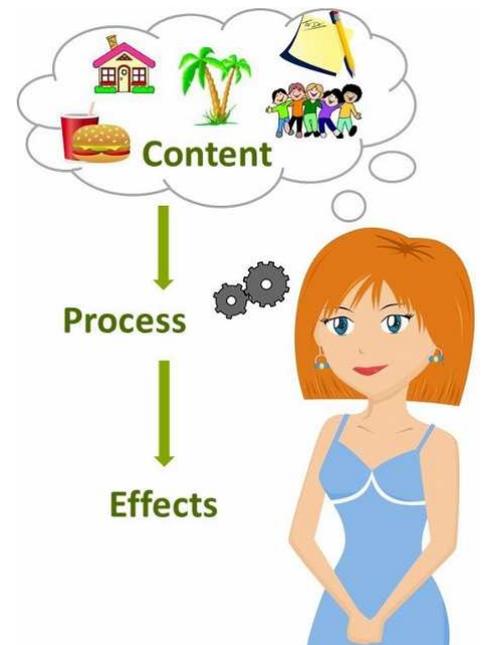
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

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

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