



Sue Evans, Fast and Lasting Change Reduce your Anxiety – Step by Step

This 5 minute mind makeover shows you a couple of easy ways to reduce anxiety: We all experience anxiety, and a little can be helpful in making sure you pay attention when it's needed.

Your experience of the world comes mostly from the parts of your thinking outside your awareness – the parts which run all your amazing automatic programmes like regulating your temperature and digestion.

But sometimes, they get stuck in an automatic routine which is less good for you, making you anxious; and it doesn't matter how it happened – you might not even know: These techniques will let you re-write the pattern, replacing it with one which gives you the results you want.

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

So begin by gently slowing your breathing. When you're ready, close your eyes, and drop your shoulders, letting them sag and soften

And as you began to relax, even a little, I'm going to introduce you to your mental control panel - we've all got one.

Notice particularly the control for your adrenaline. You'll intuitively know which one it is, and how to adjust it. So firstly, turn it up a little, so that you start to feel a little extra adrenaline releasing, it can feel like a buzz of excitement – and carry on turning it up until it just starts to get uncomfortable.

Then turn it down, down to the resting level, down further to calm, and even further still to deeply relaxed; and let your neurology remember and enjoy that wonderful, comfortable feeling. Then set it back to the resting level,

Repeat that sequence of adjustments twice, for your brain to thoroughly learn the pattern, so that it'll happen automatically, like everything else from your control panel.

And right next to the adrenaline control, there's another one for your internal volume, so that you can adjust how you're talking to yourself. So think of something which might have made you anxious, and notice the voice in your mind

Turn up the volume, so that it gets really loud and quite insistent, then turn it down, turn it down, all the way to a whisper

Then adjust the speed control, so that you slow that voice down, making the gaps between words longer.....and..... longer. Making it speak really slowly

And give that voice the kind of tonality that you'd use to read a story to a child – a colourful, engaging voice. A voice that's simply lovely to listen to

You're saying to your mind "This is what I want". Setting new automatic programmes

And notice from those few short minutes, how you already feel a little different.





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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.

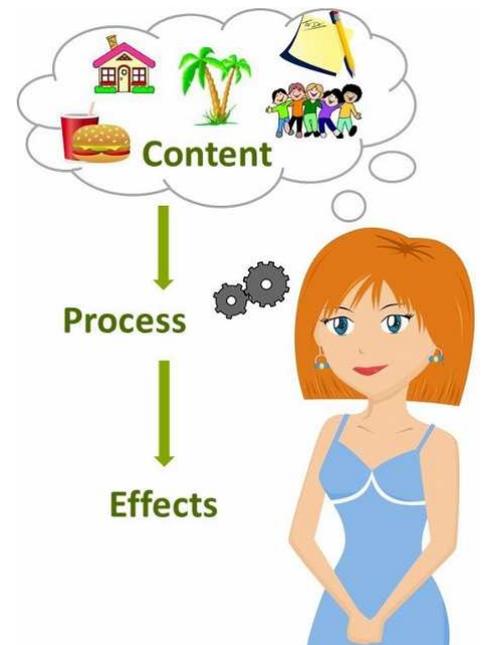
Trying to change the content of your thoughts, using things like willpower or affirmations, can be hard work. It's much easier to adjust your thinking process for better results.

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