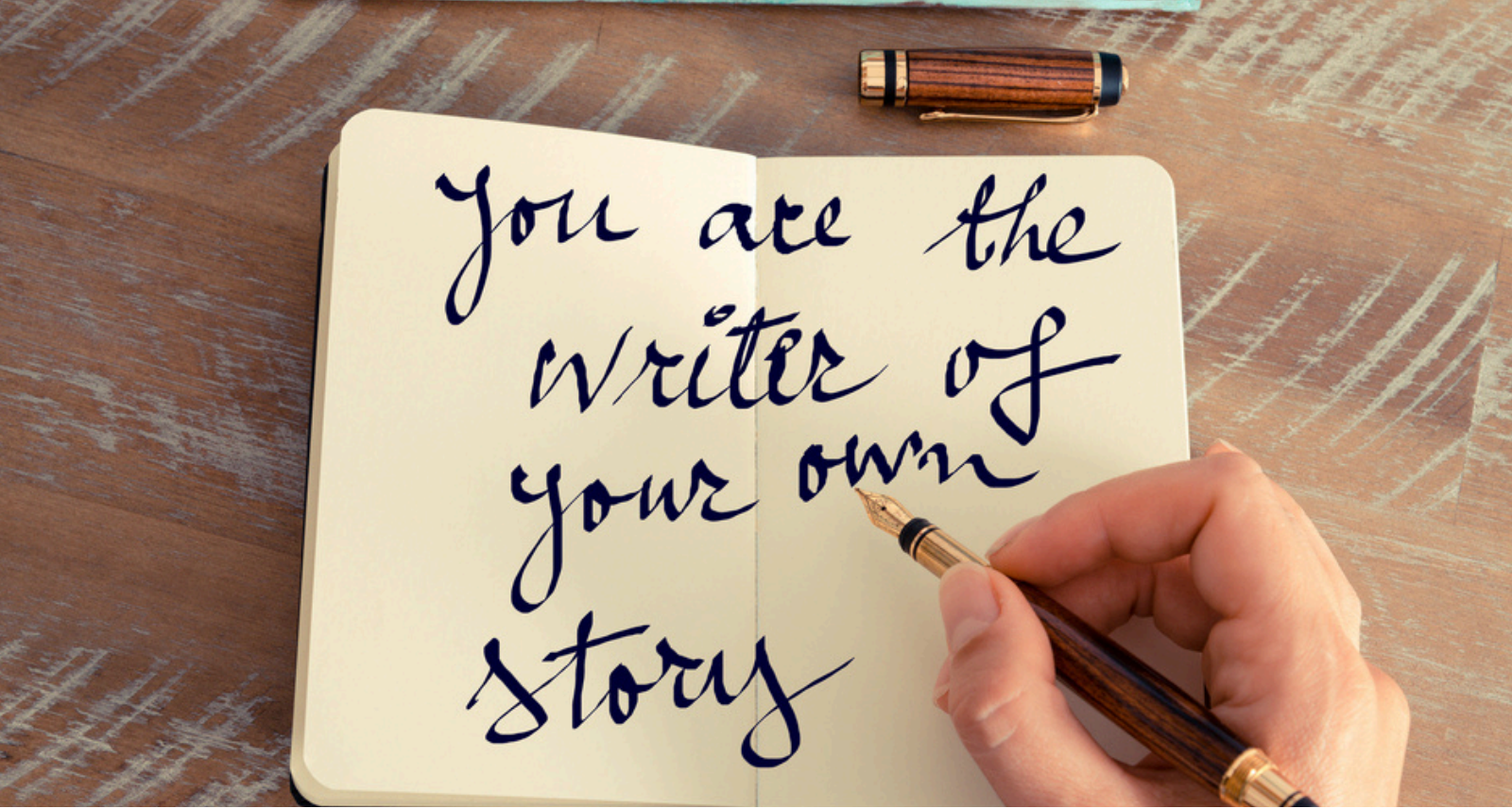




12 Steps to Mental Wellness - Or Joy!

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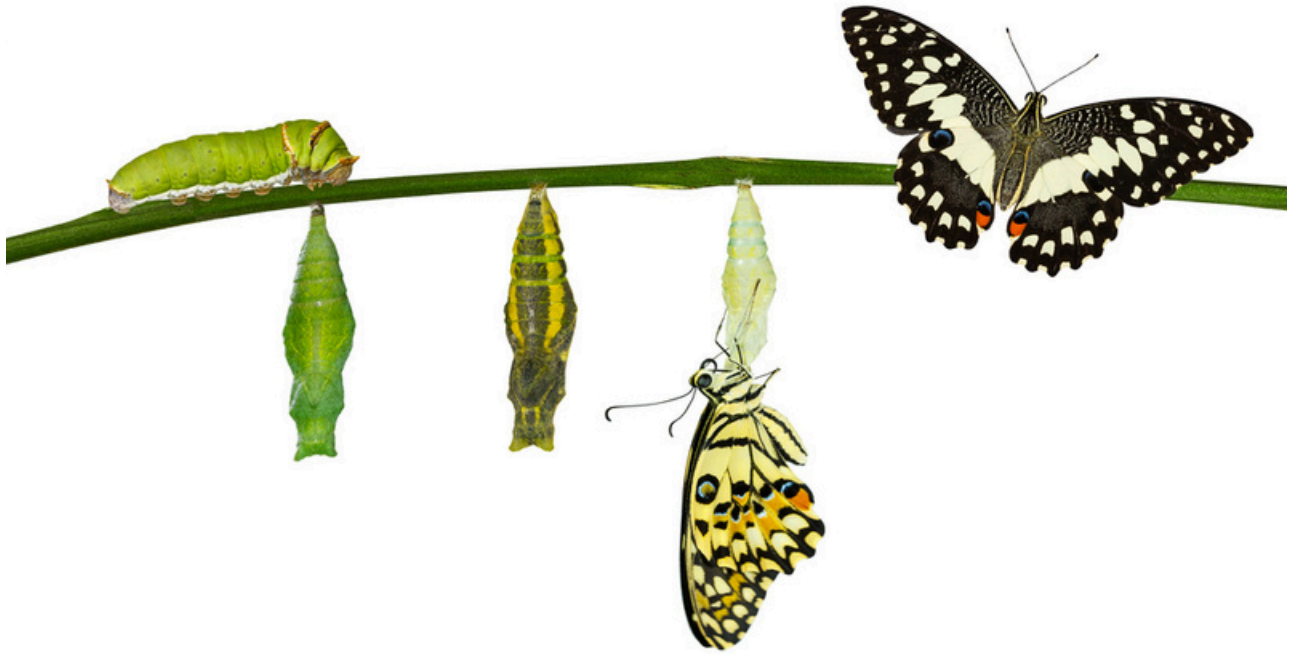


You are the
writer of
your own
story

1. The most important:

Ask yourself - 'What story am I telling myself
about me/ this situation/ experience?'

Our *perceptions* determine how we interpret events, people or experiences, *not reality*. Most of our misery comes from the stories we *don't even know* we are telling ourselves. Listen carefully to yourself. *YOU* write the story, *YOU* are in charge of your thoughts that make the story - *YOU* can change the impact of that story. Change how you *choose* to view a person or experience and you change the experience!



2. Life is a series of 'crysallus moments'

A crysallus moment is when life as you know it changes to an ooey gooey mess (thank you Dr David Martin!) and can seem very dark, disruptive and difficult. Yet from the fear of the ooey gooeyness and the struggle to emerge from the crysallus comes extraordinary beauty. If we focus on changing our perception of what *appears* to be happening or has happened, we can change our reality.



3. Identify your core fears - they are illusions or stories based on assumptions.

The three core fears which are often embedded by the time you are 7 are:

1. I am not worth loving or I am not good enough
2. I am unsafe in some way
3. I am separate, alone, abandoned

None of these are true!



4. Be a 'gratitude finder' - and keep your gratitude glasses on!

Gratitude is scientifically proven to bust depression and it reframes the way you choose to look at people and experiences. If you *consciously* choose to find things for which to be grateful and focus on them - how you feel changes quickly.

(Only *you* can choose what you think, do or say)



5. Find real friends and spend time with them

Drop the technology and spend real time with real people! Social isolation is one of the most destructive elements for how we feel about ourselves and life - and our health. Talk to a friend about what is bothering you. Loneliness can make you as sick than smoking!

Join a group of people with similar interests
or learn something new with a group.

WELLNESS SCRIPT

Things I can do to have energy, vitality and enthusiasm



6. Life IS. It's what you do with it that matters.

Taking responsibility for your own feelings and behaviour helps you build your confidence and self esteem. Telling yourself you are a victim or blaming others for the state of your life is often easier than actually dealing with your capacity to change - which is enormous. Surround yourself with people who choose to take charge of their thinking, reactions, behaviours and life!



7. Discipline. Decisions. Do it!

We all know exercise is great for our mood and our body and yet we make excuses not to do it. We all know it's important to laugh and relax, but we don't make it happen. And we all know that if we *really* want something we try very hard to get it! Get real - how much do you really want to feel better? The blockage to your joy lies inside you and your stories. While you are exploring these - exercise! It will help a lot!

8. Help someone else. Volunteer. It works!

A close-up, slightly angled view of a clock face. The clock is white with black hour markers and hands. The text "Time to Give" is overlaid on the clock face, with "Time to" in black and "Give" in red. The clock hands are positioned near the 12 o'clock mark.

Time to Give

[COMPARISON]
is the thief
..... of
[JOY]

9. Stop comparing!

Your life is yours. No one else has had your experiences. Comparing yourself with others usually ends in disaster as it either makes you feel less than or egotistically more than! Either way it sucks!

It's ok to be authentic you!



10. Eat well.

Your gut and brain are directly linked. Gluten can make you feel anxious. Many of us have emotional reactions to certain foods. Avoid fast foods loaded with sugar.

Refined sugars mess with your brain.

Period.



11. Create a joy spot

The brain can't tell the difference between reality and a vividly imagined experience. Create a joy spot - a collection of videos, happy images or music that remind you of a great time or of people you love - on your desktop and phone. Watch funny videos. Create a physical joy spot in your office or garden or home - and you only recall great life moments in your joy spot - relive them as vividly as you can and your brain will change!



12. Learn something new

Learning something new can really impact how you feel! Especially if sometimes you learn new things about yourself. Knowing yourself is the most powerful life tool ever - so do what you can to learn all about you and how you operate. Find the *patterns of behaviour* you would love to change. Learn about other people or learn to play a musical instrument or learn to dance or sing - there are so many wonderful things in life to learn!