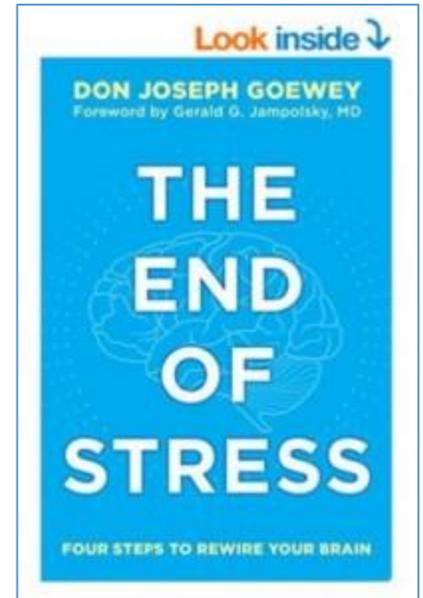


A Starter Kit for Shifting Your Mindset to Positive

Below is a starter kit to help shift your mindset from anxious and negative to confident and positive. These 3 stress busting tools are part of the more extensive program in my new book, [*The End of Stress, Four Steps to Rewire Your Brain*](#).

The tools are all quite simple. This is because simple approaches are what work best in resolving stress. The tools in my book are also *neuroplastic*, meaning they rewire the brain to change a stress-provoking autopilot that causes you to fixate on a problem ... to a calmer autopilot accessing the creativity and clarity of higher order brain networks to create solutions.



Start Your Day in Peace

The first step is a simple practice that goes a long way to frame a great day, instead allowing a stressful beginning to take over. It's called ***Starting the Day in Quiet***. This tool is an antidote to the frenetic, over-caffeinated early morning rush out the door that heads straight into a traffic jam. This tool encourages you to set aside a few

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minutes first thing in the morning to consciously frame a dynamically positive, peaceful, and creative mindset to meet the day's challenges. Doing this can make a big difference in how the day goes. Here's how it works.

- Start your day by rising 10 minutes earlier, ahead of the morning rush.
- Sit quietly in a place where you won't be disturbed.
- Close your eyes, tilt your head toward your heart, and follow your breathing. The idea is to feel each breath opening your heart and mind wider, empowering heart and mind to work in concert.
- Feel appreciation for the gift of another day of life. It's not guaranteed. Feel gratitude for another day with the people you love. Gratitude is a powerful psychological state. It is the gateway to positive emotions.
- Set your intention to have a great day, filled with achievements. Equally, commit to a great state of mind to face the day's ups and down with a dynamically positive, peaceful, and creative attitude.

Studies show that people who consciously frame their day experience more positive emotions during the day, exhibit more interest in their work, are more likely to feel connected with others and be more supportive, and they are also more likely to sleep better that night.



The Clear Button

The next step is to practice using a tool **during the day** that busts stressful, anxious, or depressing thoughts and emotions that ruin your attitude. The brain offers you 90-seconds to bust these reactions before your lower brain dumps a load of toxic stress

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hormones into your system that can overwhelm you emotionally and drain you physically. The tool is called the *Clear Button*. It gets you through the 90-second window in time. Here's how it works. You imagine a button at the center of your palm. You press the button and keep pressing it as you count to 3, thinking of each number as a color.

- Breathe in, count 1, and on the exhale think **red**.
- Breathe in, count 2, and on the exhale think **blue**.
- Breathe in, count 3, and on the exhale think **green**.
- On the next breath, let your mind go completely blank for 10 seconds.
- Next, refocus on the problem at hand, recommitting yourself to being calm, creative, and optimistic as you face this and other stressors that arise during the day.
- If the problem you face seems beyond your control, recite the Serenity Prayer: *Give me the serenity to accept what I can't change, the courage to change what I can, and the wisdom to know the one from the other.*

Finish Each Day and Be Done with It

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The third step in this “starter kit” provides a way to close out the day. It's called *Finish Each Day and Be Done With It*. This helps you let go of the day's problems, so you don't take them home. Moreover, it allows you to let the day go so you can begin tomorrow serenely, with too high a spirit and purpose to be encumbered by the past. This piece of wisdom comes from a letter written by the great American

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philosopher, Ralph Waldo Emerson, to his daughter who was stressed over a mistake she'd made. This is what it says:

Finish each day and be done with it.

You have done what you could. Some blunders, losses, and the old nonsense no doubt crept in; forget them as soon as you can.

Tomorrow is a new day. It is too dear, with its hopes and invitations, to waste a moment on yesterdays.

I invite you to cut-and-paste the statement and post it where you'll see it at the close of your work day.

The more you learn to apply tools that bust stress reactions, the more your brain will strengthen synapses that quiet stress and anxiety the moment it raises its ugly hand. Before you know it, you're functioning at the top of your game, and at the end of the day you're the person coming through the door that your loved ones were hoping to see.

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