

## think...

Focus on the solution, not the problem...



solution

...and then focus on a better-feeling thought.

1. Use your thoughts and feelings about the problem to identify what you need to feel better.
2. Make a plan for getting what you need.
3. Ask yourself...

"Is there another way of looking at this that is *still true* but feels better?"

EXAMPLE:

"I've overcome challenges before, so I'll figure this out too," feels better than, "This is just too much for me."

When you find yourself thinking about your problem, you can choose to focus on a better-feeling thought.

## shift...

Focus on something that *feels good*...



...and set boundaries to protect stressor-free time.

We all have things that make us feel good instantly — a favorite song, a funny movie, a beautiful photo, or a touching memory.

Sometimes you just can't think your way to a better-feeling place, so you just have to turn your back on your stressor and distract yourself with something that feels good.

Think about when and with whom you will *choose* to think and talk about your stressors, and don't let the subject come up the rest of the time.

EXAMPLE: Don't talk about your stressor at the dinner table.

## release...

Focus on how it would *feel* to let go of the unwanted...

You might not know how to release negative thoughts, beliefs, emotions, or behaviors, but you can always **set an intention** to do so.

EXAMPLES: "It is my intention to release..."

... my *fear* about \_\_\_\_\_

... my *worry* about \_\_\_\_\_

... my *negative thinking* about \_\_\_\_\_

...and use your breath to access inner peace & Inner Wisdom.

If you turn your intention into an affirmation about how you *intend* to feel, you can experience the *feeling* of accomplishing your intention now.

EXAMPLE:

"I am at peace " is a powerful mini-meditation.

