



## A Quick Guide To A Healthy Mindset

A healthy mindset is key to all the other elements of good health. Without a positive mindset, it will be hard to create and maintain healthy habits.

**When cultivating a good mindset, there are three things to bear in mind:**

**1. It is a conscious effort.** A good mindset is not something that just happens to you. You have to decide to make yourself happy, not presume that it will take care of itself.

**2. Managing your mindset is a lifelong commitment.** It is not a one-off, wave of the magic wand thing. It can take work. However, with commitment and perseverance, you'll reap the rewards, which are great.

**3. You'll never be stress-free, and you'll never be perfect at managing stress.** That sounds harsh, but the up side is that you can give up perfectionism and relax into your own particular journey of building the tools to counter whatever stress you encounter.

### Four stages of dealing with stress

**1. Awareness** - Become aware of, what's the problem, for you specifically? Why does it cause you discomfort?

**2. Take a breath** - This is basically putting space between you and the situation so that you can see what it actually means and implies.

**3. Choose** - By letting yourself choose what you're going to do, you put yourself in control of learning from the experience.

**4. Do or don't do** - Act on your choice (but make sure it is something you've actually chosen!)

### Three Tools for a healthy mindset

**1. Meditation** - This is what can be called a cornerstone habit, effective for all areas of healthy living, whether it's eating mindfully, breathing properly, detoxing, or simply calming the mind.

If you struggle with adopting a meditation practice, think of it like food. There are numerous ways of meditating, and you've got to find one that resonates with you, that you enjoy and that draws you emotionally. If you've tried one type and given up, try as many others as you can. If you need help, or a device to anchor





you, select an app from the numerous options available.

Set up a specific time for meditation, where distractions and appointments won't disturb. And while you're starting, aim at first for five minutes max, then build up from there.

## **2. Mind your ABCs** - ABC stands simply for Attention, Breath, Choose.

**Attention** - When you feel a physical stress response, identify the location. Is it in your stomach? Your chest?

**Breath** - Take a deep, expansive breath across the back of your chest. Relax, then exhale very, very slowly. Perhaps take a second breath.

**Choose** - Decide what you're going to do about the stressful situation.

**3. The "shaking zebra" technique** - All mammals have a physical way of releasing the adrenaline that builds up in their system through stress. If you've ever seen a zebra escape a lion, you'll see what it does afterwards is shake its entire skin, head to tail. This flushes out the adrenaline from its close encounter with a predator.

You can do the same when you feel stressed. Simply stand with your hands by your body, and then bounce, vigorously and fast, on the balls of your feet. Shake your whole body as much as you can, hands dangling, shoulders and head moving, for about 30 seconds.

## **The drama triangle**

Yet another technique is useful in your relationship with yourself and others. The "drama triangle" basically implies that in psychological terms, each one of us acts out of one of three different characters at any one time. This includes interactions with yourself. At any given moment, you can be either acting as a victim, a persecutor, or a rescuer.

**Victim** - You feel on the receiving end of some injustice. You may feel outraged, or sorry for yourself.

**Rescuer** - This person is always ready to help others, not out of any concern for their wellbeing, but because they simply think they know better.

**Persecutor** - This is someone out to get somebody. It may be you, or the people around you.





At any given moment, you could be one of those personalities or perceive other people as acting those roles towards you. When you recognize this, that's the awareness step. You then create space between the situation and yourself, and ask yourself two simple questions: one, what are you really trying to achieve? And what is the desired outcome from this interaction? Then you can choose the opposite role from the one you feel is being played out. Instead of victim, you can be creator; instead of rescuer, coach. Instead of persecutor, be a challenger.

To delve deeper into healthy living, check out [Anita Chaperon's training](#)

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