

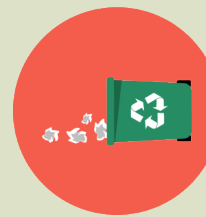


# YOUR MIND IS A BORDER COLLIE

A border collie is a working dog. It needs a job. Left to its own devices it will find it's own job:



eating your sofa



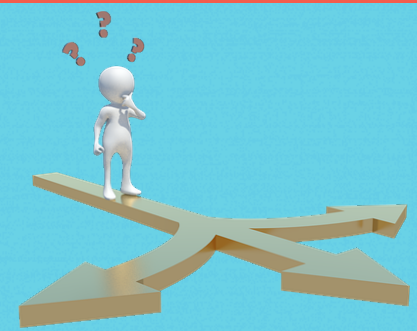
rummaging through garbage



digging up your garden

That's what happens when your mind goes into fear, anxiety, anger, or rumination.

## YOU ARE IN CHARGE; YOU DECIDE ON THE JOB.



### 1 Develop a kind relationship with your mind.

Like with a dog, you don't want to punish your mind by yelling at it: "I'm so stupid! Look what I'm doing!" Instead, you need to redirect your mind: "Well will you look where my thoughts took me?" "Come on, let's do something else."

### 2 Prepare your jobs ahead of time. Make a list of distractions or soothing activities:

- ✓ take a walk
- ✓ put on some music
- ✓ make a cup of tea
- ✓ do jumping jacks (great for interrupting a thought)
- ✓ work on something that will engage your thinking: puzzle, crossword, sudoku, etc.
- ✓ visit a friend
- ✓ make a collage, draw, colour
- ✓ take a class
- ✓ play a musical instrument
- ✓ look up positive quotes on Pinterest
- ✓ exercise
- ✓ take photos of things that make you happy
- ✓ hang around with calm people
- ✓ meditate
- ✓ do something nice for a stranger
- ✓ work in a garden
- ✓ watch distracting videos, comedy, puppies, inspirational
- ✓ etc.



### 3 Decide in the morning which of these jobs you will do.

Find time for them. Practice these 'jobs' on a regular basis. The more they become part of your life, the easier it will be for you to return to them when your mind wanders.

### 4 Creating new habits takes time.

At first, you will realize after the fact. "I worried about that for two hours and I didn't do anything to stop it."

Then, you will catch your mind rummaging in the garbage and you will stop yourself and redirect.

Then, you will get close to the garbage can and think about it... and decide to do something else.



### 5 Remember it's a process. Be kind to your mind. Redirect gently. Note your successes.

Dogs are pack animals. So is your mind. Misery loves company. Try to avoid individuals who will encourage your worry, fuel your anger, or bring you down. Seek out those who have good mind jobs.

