



Life Given Coaching and Consultancy Ltd

You Can't Fix What You Don't Understand. These One Minute Wellbeing Guides are designed to help you understand what it is you can do to coach yourself and understand yourself more deeply, so that you can be powerful and achieve all your dreams.

The Mind

The mind is immensely powerful. It will believe whatever you tell it. It is very good at picking up on all the negatives that you hear during the day. It can often replay the negatives. If you are the type of person to believe that everything goes wrong for you, then you are lining yourself up, for everything to go wrong for you. Some people say things like, "If I even look at that cake, I will put half a stone on." Or "If it's going to happen to anyone, it will happen to me." Usually when they are referring to something bad happening. If the mind is constantly hearing these put downs, it will focus on the negatives and it will look for other reasons to believe that this is the type of person you are.

It is easy to trick the mind because it will believe what you tell it. Try this, close your eyes, and imagine now that you are holding a large, fresh, ripe, yellow lemon in your hands. You can feel how fresh and firm it is. Imagine lifting it to your nose and smelling the rind. Pretend to push your thumbs into the skin and peel the rind away. Tear it open until the juice is running down your hands. Now imagine lifting that lemon to your tongue and squeezing it into your

mouth. What is happening to your mouth as you think about this? Is your mouth watering? Is your tongue tingling? That is because you have you have told the mind what is happening, and it is activating parts of your body to respond.

Imagine if you thought differently. What would happen if you thought that everything was great? Nothing ever goes wrong for you, and you receive everything you ever want.

The first step to be able to achieve the change is listening to what you are telling yourself. Listen for the negative thoughts and comments that you make on a day-to-day basis. Don't try to change them, just listen at first. Realising this takes time, however that time is individual to you. When you are ready, you can begin to think of things to say that will change the mind and what you are telling yourself.

If you suggest to the mind that you will be a different person in 6 months' time, a person who goes to the gym every day at 5am, for example, the mind will not recognise time scale. **So, tell the mind that you are now the sort of person who goes to the gym every day at 5am, or walks to work, or eats a healthy meal or drinks lots of water. The mind will begin to look for evidence.** You can begin to use strong phrases and help it think more specifically about what you actually want. This takes time, put a helpful reminder on your phone to check if your thoughts are as positive as they could be.

The Science Bit

The brains plasticity is very clever, it is possible to be a lifelong learner and change how you think, throughout your entire life, as you learn more. You can even grow a healthier brain and body from positive thinking. Lots of research demonstrates that physical exercise is excellent for brain health. Any movement, wherever your starting point is better than no movement.

Further Reading and Research

KÜHN, S., GLEICH, T., LORENZ, R. C., LINDENBERGER, U., & GALLINAT, J. (2014). Playing Super Mario induces structural brain plasticity: gray matter changes resulting from training with a commercial video game. *Molecular Psychiatry*, 19(2), 265–271. <https://doi.org/10.1038/mp.2013.120>

Claudia Voelcker-Rehage, Louis Bherer, & Soledad Ballesteros. (2018). *Cognitive and Brain Plasticity Induced by Physical Exercise, Cognitive Training, Video Games and Combined Interventions*. Frontiers Media SA.

Memorable Phrases and Quotes

If you think that you can, or you think that you can't, you're probably right!
"Do the best you can. Then when you know better, do better." Maya Angelou