



**Life Given Coaching and Consultancy Ltd**  
**One Minute Wellbeing Guides ©**

*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 Conscious and Subconscious Mind**

Throughout history there have been many descriptions of the conscious and subconscious mind. Freud's subjective theory of consciousness to the present day, where scientists have begun to consider this an important study of neuroscience, there are many ways of considering what it means to be conscious. In this guide, we describe the conscious mind to be the present mind that is, awake and alert to everyday activities. It engages with aspects such as inner thoughts, making decisions

and prioritising. It is estimated that we have approximately 60,000 thoughts per day. The National Science Foundation published a study in 2005, that showed that 80% of participants thoughts were negative. So, what can we do about it and how can the subconscious mind help?

The subconscious mind is like driving your car on autopilot. It is programmed to work on countless bodily functions, that we barely notice what it is doing. Our subconscious has a deep-rooted computer that once programmed is difficult to re-programme. For example, we may have seen and heard untruths from a young age, that later become beliefs and facts. It is only when confronted with opposing evidence that we begin to readdress these thoughts. These beliefs can limit our views and opinions and prevent us from learning and developing. Spending some time on your own limiting beliefs can help to identify what untruths you have subconsciously acquired. A simple example may be that a certain brand is the best because this is what you have always bought, without have tried any others.

Often the conscious mind can feel stressed and overwhelmed by unhelpful subconscious beliefs. This engages our sympathetic nervous system which is responsible for responding to dangerous and stressful situations, increasing heart rate and sweating. Studies developed in the 1990s and early 2000s demonstrate that breathing deeply and trying different breath work engages the parasympathetic nervous system, which will help to strengthen your lungs, improve your immune system, and decrease your heart rate.

**The Science Bit**

The conscious and subconscious mind...

**Further Reading and Research**

Ascoli, G. A., & Samsonovich, A. V. (2008). Science of the Conscious Mind. *The Biological Bulletin (Lancaster)*, 215(3), 204–215.  
<https://doi.org/10.2307/25470706>

**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**

