

Seven Simple Steps to Beating Stress and Fatigue

1. Realize your mind affects how you feel both physically and psychologically. You can only think one thought at a time. If that thought is negative, it sets into motion a chemical reaction that affects every single cell in your body.

2. Understand that what you say also has a powerful impact on what happens to you. In fact, whatever you say often (especially if you say it with feeling) has a good chance of becoming reality. Are your words about what you want in your life?

3. Do an “audit” of your thoughts and words. Are some of these sentences familiar to you?

- “He’ll be the death of me.”
- “It tears me up inside.”
- “How can I be such a dummy?”
- “That makes me sick.”
- “No pain, no gain.”
- “She gives me a migraine.”
- “I’ll finish if it kills me.”
- “What back-breaking work.”
- “They’ll drive me crazy.”
- “You gave me a heart attack.”
- “I feel like a chicken with its head cut off.”
- “Things have to get worse before they get better.”
- “This job is killing me.”
- “I don’t have any choice in the matter.”

4. Instead of focusing on what you resist, focus on what attracts and motivates you. Sometimes it’s easy to re-frame a situation, just by replacing a word here and there. Concentrate on excising these common negative words from your language. Replace them with more positive, and empowering, concepts:

“should” to “could”

“have to” to “want to”

“must” to “choose to”

“but” to “and”

5. Take a mental vacation. Try setting aside a short time to think only positive thoughts. For ten minutes, picture some positive thought or experience. Really get into it and use all your senses, including taste and smell. Do this at least once a day.

6. If you're really ambitious, take your positive mental vacation three times a day. Many people notice their mind continues with the positive thoughts even when they go back to whatever they were doing.

7. Try using "self-talk" to remind yourself of your desired outcome. (For example, taking a positive mental vacation every day, even if you're pressed for time.) Whenever you find a spare moment, affirm your desire by coming at it from three different angles.

- The process: I take a mental vacation daily.
- The product: Mental vacations keep me stress-free.
- The attitude: I enjoy taking a mental vacation every day.