

## Mindset and motivation

I am a therapist with 20+ years' experience and my key strength is in the intangible; the unseen. I am sensitive to the subtle energy that is within, and around all of us. I combine Eastern and western philosophies to help people understand themselves, resolve the difficulties they are facing and move forward in their life.

With regards to today's topic when we are unable to achieve something that we have set out to do, it can be because our mind and body is out of sync. Your conscious brain might be saying one thing but your body seems to be in another place. We need to be in the right 'state' to reach our goals. With a client I would incorporate counselling, coaching and a number of different energy techniques to help them change their state.

My 5 tips are simple actions that can be implemented in a moment, they will help to change the 'state' we are in and may just transform your frustrations into successes.

1. Breathe! When we are not breathing properly, like taking shallow breaths, inhaling through the mouth or holding the breath our brain, mind and body gets stressed. The brain goes into a state of Fight or Flight, our anxiety and heart rate increases and we find it harder to concentrate on the task at hand.

That said, taking regular, even and slightly deeper breaths will lower blood pressure, relax the mind and body in general, increase energy levels and keep you grounded. It does take a little practice and you will think more clearly, feel more positive and relaxed and as a consequence whatever it is that you are trying to do will feel so much easier – your mindset will have changed from “I can't do this” to “ok, maybe this is actually possible”.

2. Water. For good performance, clarity of thinking, proper mind/body function and easier body movement we need to take in sufficient water. Without enough water our body's electrical system is impaired and the lymphatic system, the part of our body that does the 'cleaning' i.e. rids the body of toxins, does not flow sufficiently and even slight dehydration can lead to dizziness and low blood pressure. How can you have a good mindset and any motivation when your body is sluggish due to lack of water?
3. Thoughts. One of the worse things we can do that affects our mindset is the negative self-talk that we often engage in. If we are in the habit of calling ourselves names or continuously saying that “I MUST get this done by...”, “I really SHOULD be further on by now”, “I OUGHT to...”, in other words we put ourselves under pressure, we risk achieving nothing. Focus on what you want to achieve or happen, not what you don't want. Set your intention correctly as your thoughts will create your reality.

4. Listen. Your body is always talking to you, take the time to stop and listen. Notice what you need mentally, emotionally, physically or spiritually in any given moment. Not getting the job done?... How can you change that?. What is it you need? What needs to be different that will change how you think and feel about that goal that you have set yourself. Do you need to eat some protein or have a drink to sustain your energy levels? Are you feeling upset about something that is taking your mental attention away from your task? Do you need to move your body in some way to get your blood flowing. If you are feeling sluggish, thinking negatively, feeling upset or even lost in some way feeling motivated will be a distant concept and your mindset is likely to be non-existent. How can you change that? What new choices could you incorporate that empowers your body and mind enabling you to make progress.
  
5. Nature – There is nothing quite like nature to give you time to breath, de-stress, download negativity into the ground, think things through and establish a new outlook. Taking a break in nature helps put things in perspective as your mind calms down. Our intuition has a chance to be heard rather than Ego taking control. Our intuition will guide us in a way that is naturally more motivating and uplifting because it is right for us. Allow nature to heal you so that you can easily move forward.