

# Creating Lasting Positive Change

## Three Gratitudes

- Teaches the brain positive patterning and retention of positive patterning
- Teaches the brain to scan for positive instead of negative
- Write down three different things you are grateful for everyday
- Practice for 21 days for 2minutes

## Journaling

- Everyday write down one positive experience that you witnessed or occurred in the last 24 hours
- Allows the brain to relive the experience

## Exercise

- Teaches the brain positive behavior patterning

## Meditation

- Teaches the brain to focus on the task at hand
- Decreases cultural attention deficit

## Random Acts of Kindness

- Trains the brain to create positive revolution
- Try one email a day of positive feedback or encouragement or commit to one compliment/gratitude/encouragement to someone once a day

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# 21 TIMELESS STRATEGIES TO Lower Your Daily Stress



1 Take off your mask.



2 Trust your intuition.



3 Let go of the thoughts that aren't serving you.



4 Decide what matters and what doesn't.



5 Take a deep breath when you need one.



6 Keep sanity in your schedule.



7 Practice gratitude.



8 Detach yourself from the habit of taking things personally.



9 Realize you likely need a lot less than you have.



10 Fill your life with lots of experiences, not lots of things.



11 Just do your best and appreciate it.



12 Focus on the positive.



13 Let go of what's no longer there.



14 Be humble. Be teachable.



15 Take small daily steps.



16 Embrace self-discipline.



17 Practice patience as you work for your desires.



18 Exercise your love.



19 Spend time with supportive, loving people.



20 Walk away from drama gracefully.



21 Sleep on it.

BY MARC CHERNOFF | MARCANDANGEL.COM

# Sleep Hygiene Check List

- Get the right amount of sleep for you. About 7.5 hours in a 24 hour period is ideal.
- Try to sleep on a regular schedule, including weekends, holidays and vacations. Go to bed early and wake up early.
- Go outside for about 30 minutes a day to expose your brain to UV light.
- Go to sleep when you are sleepy.
- When you get up, stay up. No pressing the snooze button!
- Limit napping to one per day in the afternoon, 20 minutes is ideal.
- Use the bed for sleeping, sex and sickness only. Shut off TV, cell phones and electronics one hour before bed.
- If reading in bed, watch your posture and try using an orange light bulb. If reading affects your sleep i.e. keeps you from falling asleep, read in a chair and when you get sleepy, shut the book and go to bed.
- Find the right pillow, mattress, linens and position for you. The better the quality, the better the sleep.
- Sleep in a cool room whenever possible.
- For some, taking a bath before bed helps the body cool afterwards and promotes sleep.
- For allergy sufferers: air purifiers may help: flooring rather than carpeting is recommended, a cool mist humidifier is often helpful.
- Sleep in the dark without lights or nightlights on. Cover up LED lights on power cords and alarm clocks. Use black out curtains for windows.
- Consider using ear plugs to help keep you asleep.

- Exercising 4 times per week can help to increase sleep by up to an hour per night.
- The best time to exercise is late afternoon or early evening at least 5-6 hours prior to bed time.
- Unwind and relax before bedtime. Try to put your worries aside with mindfulness exercises.
- Avoid stressful activities before bed such paying bills or watching the news.
- Do not eat a large meal too close to bedtime. This can result in raising your body temperature (not good to promote sleep) and can promote weight gain.
- If you are hungry, try having a small snack high in protein before bedtime.
- If you get up during the night to pee, try to drink your fluids earlier in the day. Limit fluids after dinner.
- Drink caffeinated drinks (coffee, tea, chocolate drinks) in the morning and early afternoon, not in the evening.
- If you suffer from fluid retention, try putting your feet up during the day to help get rid of extra fluids. Make sure you limit your salt intake.
- Get pets off the bed. They may be disrupting your sleep.
- Quit smoking if you are a smoker. This will improve sleep in the long run (disrupts sleep short term).
- Try to associate sleep with rituals such as brushing your teeth and doing something relaxing, such as reading a book, a hot bath or relaxation breathing.

# The 4-7-8 (or Relaxing Breath) Exercise

This breathing exercise is utterly simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the exercise in any position, sit with your back straight while learning the exercise.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight.

This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths... or more if necessary.

Note that with this breathing technique, you always inhale quietly through your nose and exhale audibly through your mouth. If you have trouble holding your breath, speed the exercise up but keep to the ratio of 4:7:8 for the three phases. With practice you can slow it all down and get used to inhaling and exhaling more and more deeply.

This breathing exercise is a natural tranquilizer for the nervous system. Unlike tranquilizing drugs, which are often effective when you first take them but then lose their power over time, this exercise is subtle when you first try it, but gains in power with repetition and practice. Do it at least twice a day. You cannot do it too frequently. If you feel a little lightheaded when you first breathe this way, do not be concerned; it will pass.

Once you develop this technique by practicing it every day, it will be a very useful tool that you will always have with you. Use it whenever anything upsetting happens – before you react. Use it whenever you are aware of internal tension or stress. Use it to help you fall asleep. This exercise cannot be recommended too highly. Everyone can benefit from it.

## Hard Core Sleep Correction

1. Calculate the number of hours you sleep and determine the time you MUST wake up. i.e. you sleep 5 hours and you must wake up at 7am.
2. Count back from your wake up time. That is the time you must stay awake till, this is your new bed time. DO NOT go to bed or allow yourself to fall asleep until this time i.e. if I sleep 5 hours and I must wake up at 7am, my bedtime is 2 AM.
3. Do this for one week. After one week you can now go to bed at 1 AM.
4. Do this for one week. After one week, you can now go to bed at midnight.
5. Do this for one week. After one week you can now go to bed at 11pm.
6. Do this for one week. You are now getting 8 hours of sleep!
7. DO NOT cheat, no matter how tired you are. No napping. DO NOT get into bed before your allowed bedtime.
8. Good luck and sweet dreams

# The Five Agreements

Toltec Wisdom by Don Miguel Ruiz M.D.

## **Don't Make Assumptions**

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

## **Don't Take Anything Personally**

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

## **Be Impeccable, With Your Word**

Speak with integrity. Say only what you mean. *Avoid using the word to speak against yourself* or to gossip about others. Use the power of your word in the direction of truth and love towards yourself and others.

## **Always Do Your Best**

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

## **Be Skeptical, But Learn To Listen**

Don't believe yourself or anybody else. Use the power of doubt to question everything you hear: Is it really the truth? Listen to the intent behind the words, and you will understand the real message.