



GOT NUTS??...

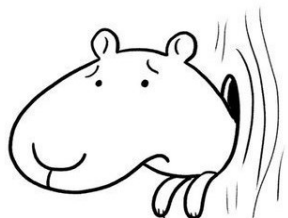
Let's Crack 'em!

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Notice your NUTS!

①

Sometimes we can feel stuck and we don't know why...



It can often be because we have Negative Unconscious Thoughts and beliefs we are not aware of...

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But... "when we can see them we can free them!"



"Does letting this belief guide my actions help me?"

If you let these thoughts and beliefs dictate your choices, do you move towards or away from the person you want to be and the life you want to create?

③

I notice I am having the thought that ...

Thanks Mind!



Circle or write-in your Negative Unconscious Thoughts & Self-beliefs

I am weak
I am lonely
I am not loveable
I am not appreciated
This has to be perfect
Ugh, I hate decisions!
I have no self-discipline
Why do "I" have to do it all?
I am too busy for healthy choices
Who am I to speak for the group?
If I say no, they'll think I can't do it
There's something wrong with me
I feel responsible for their outcome

I never fit in
I am invisible
I am damaged
Criticism hurts me
I say yes too much
Have I let myself go?
Living healthy is hard
I'm not as ___ as them
No one will listen to me
What's my real purpose?
OMG I just can't calm down
Why am I always the bad guy?
If I could lose 20# I'd feel _____

I am not enough
I am overwhelmed
I just care too much
Who I am trying to kid?
I don't do confrontation
I am too busy to _____
They always talk about me
I feel guilty putting me first
They are always judging me
I can't seem to please them
Oh I tried that, it didn't work
What did they mean by that?
Trust/relationships are too hard

Keep this Resource Page Handy with your Trigger Worksheets for easy reference.

Section 1: Circle or add the things that can easily trigger you.

Section 2: Circle or add the ways you think you might appear to others when triggered.

Section 3: Circle the behaviors you use to cope or protect yourself after being triggered.

Section 4: Circle some NEW Coping Strategies to use for more peace, confidence, and self-control.

What Triggers Me

Chaos
Conflict
Criticism
Judgment
Manipulation

Fear
Pain
Unknown
Decisions
Expectations

Clutter
Illness
Failure
Success
Intimidation

Helpless
Proximity
Facial Exp
Humiliation
Voice Tones

Noises
Smells
Textures
Confrontation
Blood/Violence

How I Might Appear to Others When I am Triggered

Rude
Weak
Ill-bred
Impatient
Immature
Unfocused

Lazy
Afraid
Ignorant
Unreliable
Vulnerable
Hot-tempered

Fake
Stuck
Selfish
Childish
Insecure
Victimized

Needy
Apathetic
Unhealthy
Unprofessional
Attention Seeking
Lacking Self-Control

Coping Strategies and Defense Mechanisms Created in the Past

Self-Medicating: Alcohol Drugs Technology Sexual Behaviors Shopping Gambling Food

Food: Sugar Carbs Nighttime Rituals Bulimia/Binging Anorexia/Denial Sneaking Overeating

Self-Soothing: Skin/Hair Picking Cutting Oral Fixations: Biting Lips/Nails/Cuticles/Objects Excessive/OCD

Egocentricity: Self-loathing Self-punishment Self-pity Self-deprecation Self-denial Image Status

Reactive: Anger Violence Outbursts Argumentative Defensive Bulldozing Posturing Shaming Anxiety

Passive: Aggression Repression Suppression Neg. Attention/Drama Seeking Escape Self-absorbed Martyr

Denial: Humor Deflection Projection Gas-lighting Rationalization Altruism Apathy

Control: Perfectionism Expectations Hyper-responsible Micro-manage Judgement Procrastination Tardiness

Mindsets: Failure/Victim Mentality Defeatism Domsday Phobia Inadequacy Fear-driven

Healthier Replacement Coping Strategies for the Present

Self-Medicating: Exercise Walk Laugh Sing Deep Breathe 5x Meditate Yard or House Work Read

Self-Soothing: Hot Bath Yoga Dance Get Creative Music Organize Clean Stretch Sing Walk

Egocentricity: Self-love Self-tend Self-awareness Do Inner Work Visualize your future self

Reactive: PAUSE 5 deep breaths Apologize Speak Up Ask a What question Forgive Listen

Passive: PAUSE Listen How might I be part of the problem? Redirect thoughts Validate yourself

Be vulnerable to be Brave Seek to understand not be understood See *their* Inner Kid Know yourself

Acceptance: I can give you this moment I like me I am enough Be grateful I believe in myself

Control: Breathe Admit triggered Disengage Set a boundary Do your best Get productive

Mindsets: Be true to me Your opinion of me is none of my business The past is gone I choose my present

Compassion vs judgement Are you too toxic for me? What if they are truly doing their best?

Tools: Red Balloon Bilateral Stimulation EFT Spinning Technique Palm Spiral/10 breaths Count 15 to 1

Worksheet: Identify the Source of Behaviors

Name: _____

Today I was *Triggered when:	
Thoughts that followed :	
Feelings that followed:	
My 1st reaction:	
**Behaviors that Followed:	
Survival or Belonging?	

Today I was *Triggered by:	
My Thoughts :	
My Feelings:	
My Reaction:	
**Behaviors that Followed:	
Survival or Belonging?	

***Triggers are: Events, situations, things said or done that turns on a need to react—whether you did or not... you feel it.**
****Be on alert for any coping strategies or defense mechanisms created in the past that might follow a trigger such as: eating, anger, isolation, anxiety, etc. Use the resource page to help identify habits from the past and then pick new ones!**

Mindfulness is:

the deliberate decision to enter the present; to be aware of my complete person; my surroundings; and those around me; without the need to change anything or anyone; without judgment and only with compassion.

Use these tools throughout the day for Resilience and Grit against the NUTS

THE BREATH:

The Long Exhale: (Break Anxiety, Fatigue, Release Emotions, and Reset Focus) Fix Your Eyes...

Inhale 4 counts thru nose (fill lungs from bottom up) Exhale 6 counts thru mouth (empty lungs from top down)
Repeat inhale 4/exhale 8 counts 4/10 4/12 4/14 Stretch the exhale slow and long as comfortably possible
Repeat this combination while focusing on the air exchange and the numbers in your mind. 5-10 minutes.

For optimum focus without fatigue: work 40 min; stretch; chug 4-8 oz water; deep breathe 5-10 min

https://sass.uottawa.ca/sites/sass.uottawa.ca/files/how_to_stimulate_your_vagus_nerve_for_better_mental_health_1.pdf

WATER: (The brain requires water hourly for electrical conductivity and cell health)

Create the habit of chugging (not sipping) 4-8 oz of water awakening, before eating, & every hour until 6 pm.
Water is as important to the body as air. Every organ requires water to operate. Water filters and feeds cells.

BILATERAL STIMULATION: (Youtube.com/MelissaTiers/neuroplasticity)

Fix eyes straight ahead on empty thumbnail; Rt hand bring pen 12" rt peripheral vision and back to midline;
Trade hands and sweep to 12" left peripheral vision and back. Do not follow object with eye.
Create an even rhythm and say out loud: "RELAX...Relax...relax..." approx. 2 min

More techniques:

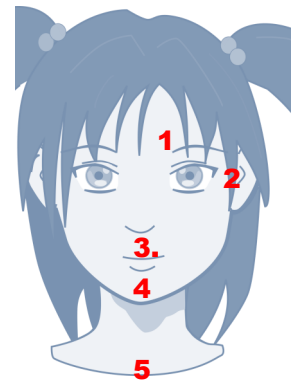
- Ear Lobe Squeezing while Breathing 4/6 and counting; add knee bends
- In car, alternate squeezing the steering wheel while breathing 4/6 stretch exhale focus on air & numbers
- In public, alternate toes curling in shoes... add squeezing opposite knee while breathing 4/6

EMOTIONAL FREEDOM TAPPING—EFT (Youtube.com/EFT)

Tap the areas in order as indicated on diagram below. Tap with a healthy pop in a good even rhythm 20-30 sec each spot. Repeat 2-5 min.

If counting soothes you, tap each spot to your favorite number. Repeat 2-5 min.

1. Above eyebrow (r or l per your choice) feel for sinus dip.
2. Temple at ridge of cheek bone.
3. Angel's cleft.
4. Chin cleft.
5. Throat hollow at the boney ridge.



MEDITATION & HYPNOSIS: (Go to the source and be free of the NUTS altogether !)

www.envisionmindfulness.com/home

Meditation for preventing and controlling thoughts, feelings and behavior patterns

www.envisionmindfulness.com/decompress

More meditation and visualization tools to assist in re-wiring behaviors and managing stress

www.envisionhypnosis.com/recordings

Recordings for releasing negative feelings and rewiring new mindsets and behaviors for self-esteem

Envision Hypnosis sessions Call 410-474-8288 Mention the Conference for a discount !

Envision Mindfulness Center—Customized trainings for Staff Wellness, Interpersonal Communication, Productivity, Resilience, Self-Esteem Enhancement, Empowering Self-Belief Systems

Language

Stop the Negative Self-Talk

Speak to & about yourself like you're an honored guest!
 Speak to & about yourself with patience, compassion, respect

Distance Your Language

Instead of: "I'm anxious."
 "I'm fine! A part of me is anxious!"

Avoid Negative Hypnosis

"It's hard" "I can't go without it"
 "What's the Point?" "I don't have time"

Shift Your Perspective to Change Your State!

- Perspective is everything ~ change your mental lens!
- See *the problem differently* to change your feelings about it!
- Embrace the negative — "I'm so busy; it's a great problem!"
- "Be the Butt not the Poop!" (Kyle Cease) Proactive not a victim!

13 WAYS TO SABOTAGE MY SUCCESS:

- 1) Fear
- 2) Laziness
- 3) Negativity
- 4) No Plan
- 5) Procrastination
- 6) Don't want it enough to work for it
- 7) Not seeing it through to the end
- 8) Focusing on what isn't working
- 9) Throwing in the towel too soon/late
- 10) Not seeking help
- 11) Stop learning (fixed mindsets)
- 12) Don't Network
- 13) Poor Money Management

SELF-TALK

Your **VOICE** commands your mind, body, and Spirit

SAYING

RESULTS

I can't
 I won't
 It's hard
 I don't believe
 I'm a skeptic
 I don't like it

=

literally stops all growth
 establishes a **BLOCK** in your way
 is a negative command to Self
 stops you from achieving any thing
 is a conditional taught behavior
 holds you back & closes the mind
 stops all learning & lowers the IQ

Try
 Trying
 I can try
 I'm trying
 I will try
 I will attempt

=

means doing it over and over and over
 trying has no finish line
 establishes a **BLOCK** in your way
 is a command to Self
 is a conditional taught behavior
 achieves **NO RESULTS**
 allows failure as a constant possibility

I can
 I am
 It's easy
 It is done
 I can do anything
 I am achieving

=

Literally promotes growth
 Is a positive command to Self
 allows wants & needs to come true
 Is the behavior of the enlightened
 Is an unconditional gift to Self
 Moves you forward in life
 Opens door and drops walls
 Success is expected — there is an end
 Your body manifests good health
 Your body reacts to positive language
 You are empowered and in control

10 THINGS

SUCCESSFUL WOMEN REFUSE TO DO

1. GOSSIP ABOUT OTHER WOMEN
2. JUDGE OTHER WOMEN
3. NEGATIVE SELF-TALK
4. LIVE FOR OTHERS
5. PUT THEIR DREAMS ON HOLD
6. STOP LEARNING
7. STOP LISTENING
8. REMAIN SILENT
9. LIVE WITH WORRY & DOUBT
10. SETTLE FOR LESS

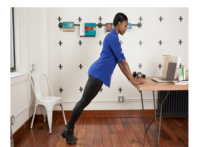
Mindful Movement



Mindful Movement is simply connecting with the body while



Standing
 Stretching
 Bending
 Breathing
 Walking
 Dancing



MINDFUL MUSIC

Binaural Beats, Ambient, Native Flute,
 Chakra Cleansing, Singing Bowls
 Sound Effects: Waves, Nature, White Noise

Why mindfulness in the workplace?

Mindfulness is a helpful tool, backed by brain science, that can be applied to any habit in our life to improve our efficiency, productivity, and how we handle stress.

Mindfulness in the Workplace Program helps employees integrate simple, practical, scientifically-based exercises into work (and home) to:

- increase well-being, happiness and job satisfaction
- enhance engagement at work and home
- build resilience to stress
- manage overwhelm
- boost productivity



SCHEDULE A MINDFULNESS TRAINING FOR YOUR STAFF!

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CUSTOMIZED TO YOUR TIME, BUDGET, AND NEEDS.

**Mindfulness Trainings from 1 hour — full day events or retreats
for individuals, businesses, organizations, groups, schools, clubs, and private get-togethers**

SAMPLE TOPICS	CONTENT
Meditation American Style	Quick forms of meditation for overall well-being
Mindful Mornings	Strategies for a more calm, organized, and productive approach to mornings
Mindful Stress & Anxiety Relief	Tools and strategies to prevent, control, and alleviate stress and anxiety
Mindful Work Communication	Strategies to achieve more open, effective, and cooperative communication
Mindful Team Building	Emotional Intelligence, Reason vs Reaction, and tools to rumble
Mindful Performance	Maintaining the mind for focus, efficiency and stamina
Mindful Resilience	Adapting tools for emotional resilience in stressful situations
Mindful Self-Compassion	Practices for self:-kindness, -acceptance and -tending for work/life balance
Mindful Life Happiness	Learning mindful principles for happiness and balance
Mindful Eating	Healthier eating behaviors for control, enjoyment and energy
Mindful Food Choices	Healthier food relationships and mindsets for weight loss
Mindful Sleep	Preparing for and wiring in rejuvenating and peaceful sleep cycles naturally
Mindful Staying Young	Finding the Fountain of Youth for Physical and Emotional Longevity
Mindful Courage	Understanding fear; what it means and making it work for you