

## Top 5 Ways To Calm Your Mind and Create Forward Motion

Feeling Overwhelmed, Stuck, Unmotivated, Anxious and Stressed **out?!** You may be experiencing what I refer to as ADHD Tendencies.

**1) Get Outside.** There is something about being in nature that helps to "reset" the mind. The energy feels different. I found the shinrin-yoku.org website so interesting. Research has been done on the benefits of "forest bathing" or taking in the forest atmosphere.

Studies show that the benefits can include: reduced stress, reduced blood pressure, improved mood, increased ability to focus, increased energy level, increased sense of happiness and improved communication.

**Action step:** Take a walk outside. It can be at a local park, rose garden, trail or footpath. Allow yourself 15 minutes to clear your mind and think about nothing at all.

As you are walking notice the following things:

- Breathe-take a deep breath, really smell the air around you.
- Relax-calm your mind. As thoughts rush in, let them rush right back out. Only allow yourself to notice what's around you.
- Wander-don't rush. Be curious. Explore.

- Touch-feel the wind. Hug a tree. Feel a soft petal.
- Listen-what do you hear? Water rushing, tree leaves blowing, crickets chirping. Silence. Just notice.
- Heal-allow this quiet uninterrupted time to rejuvenate you. Take a deep breath and be grateful.

**2) Schedule a weekly Power Hour.** I am a huge fan of Gretchen Rubin and her podcast Happier:

Each week, they start the podcast with a simple change to make at home to increase happiness, and one of the tips was to schedule a weekly Power Hour. This is a time that is used just to take care of those things that have no specific deadline but are annoying "tolerances" in our lives. I find that the Power Hour helps me to greatly reduce overwhelm.

**Action step:** Write Power Hour at the top of a piece of paper right now. It doesn't have to be fancy.

Think of five things that have been nagging at you that need to get done. The key is that they should not have a natural deadline. These are things that basically never get done, because there is always something more important to do (ahem, something else with a deadline).

Some common items are: change a burned-out lightbulb, organize your digital photos, clean up your email inbox or drop a donation box off to charity. List your five Power Hour items and then schedule a 1-hour Power Hour session on your calendar. When the time comes, knock that list out!

**3) Control the noise.** Wear headphones and/or listen to music when you need to knock out a specific task in a timely manner. There will always be projects that we need to finish that just aren't fun. They may require a lot of research. They may require a lot of mental energy. Whatever it may be, using a little "focal" music can get you through it.

I'm a fan of the app Focus At Will, but there are also free options if you Google "music to help you focus". There have been scientific studies around the brain and what frequencies best maintain our optimal productivity or "flow".

The above-mentioned music app taps into that science. There is also a timer element included that helps to "gamify" your goal, by encouraging you to beat the timer.

**Action step:** Test the theory to see if it works for you. The next project that demands your complete attention try one of the music apps mentioned above. See if you push through it with a little more ease.

**4) Do a brain dump.** List out every...single...thing... that is on your mind that needs to get done. Set a timer and have at it, just keep writing the list until the buzzer goes off. After you have the list, break each item into manageable chunks. (Think of a manageable chunk as something that can get done in 30 minutes or less.)

**Action step:** Let's do this. Feeling stressed? Set your timer for 10 minutes and write down everything that comes to mind. Do not overthink it, just write. When the timer goes off stop. Take a closer look at your list. Of everything that you see, what is the one thing that will make the biggest difference if tackled first? Set out to break that item into smaller doable "chunks" or steps. Write those smaller steps into your planner or calendar.

**5) Selective hyperfocus.** Allow yourself to hyperfocus on the things that will have the biggest positive effect in your life. Those BIG to do's? Schedule in a hyperfocus day and get it knocked out. The relief that you feel may be well worth the singular focus for a day.

Is your garage a nightmare? Schedule a day (or two) to just get it done. Allow yourself to fully get into the zone and don't look back. Lose yourself in the project and don't beat yourself up for it. There's a concept!

**Action step:** Look at your calendar for the next 90 days. Pick one day to hyperfocus. It is a day that you are going to designate now to spend working on just one thing, all day long, until it's done.

Have kids? There are a few options, depending on their age-get them involved! Hype it up. Have everyone chip in on that day and decide on a "family treat" or reward that everyone will enjoy once the day is done. If your children are younger, see if you can hire a babysitter or maybe swap care with a friend. They can watch your kiddos for your hyperfocus day and you can then do the same for them one day allowing them a similar luxury. Today's step? Just pick the date.

I hope you found these tips helpful!

When we're feeling overwhelmed it's hard to make any type of progress. It's common to feel stuck and alone. Our circumstances can feel larger than life. While the above tips are immediate things that you can do today to help alleviate some general stress, I'd love to talk with you further about the bigger picture, and how coaching can help.

How what we think about our circumstances, creates how we feel, which determines whether we take action or not, which then gives us our results.

Are you happy with the results that you're getting? If not, I'd love to teach you a process that can empower you to change them for the better. Some tools that you can learn and use, that will change the way that you look at things moving forward. A skill for life!

Click the link below to book your FREE 45-minute Consultation today!

There's no better time to start making positive changes. ~Shaun

**[Click Here to Book a FREE 45 Minute Consult](#)**