Daily Mental Hygiene Practice

Keep it simple – remember “Be more curious about the solution, not an expert on your problem.”

🧠 Brain Brush (Every Morning or many times a day*)

Brain Brushing is about mindfully setting your intention for your day – you taking control of your focus for your day (or just prior to new segments of your day where you want to intentionally create something different).
Decide each day “what colours you will use to paint your day today.”
You are the artist of your day—what mood, mindset, or intention do you want to paint with?

📊 20/80 Rule

Spend 20% maximum of your energy on the problem—and 80% on the solution; (20% on Why? And 80% on How and What?)

🎯 One Thing?

The one thing is a practical and simple way to prevent overwhelm. After you brain brush ask yourself “What is one thing I can do today that will make a positive difference.”

🌱 Practice the 3 G’s

• Grow a little (learn something new)
• Give a little (a small act of kindness)
• Practice Gratitude 😊

(Soft and Hard) A soft gratitude is something simple ie. “I am grateful for this beautiful day” – a hard gratitude is thinking about something hard or difficult that you have been through and would not want to go through it again but are grateful for the experience nonetheless because of the wisdom you acquired going through it. Ie “That loss or trauma was difficult but I appreciate what that experience taught me.”

🔍 The Four Logic Questions

When particularly stressed or feeling overwhelmed by a thought or experience, the logic questions can help you to reduce your stress and develop a more realistic perspective.

1) Is it true? … Is what I am thinking really true?
(Examine old patterns of thought and check the facts.)

2) Where is the evidence?
(Can you find evidence that other possibilities might be true? Where is the evidence that others go through the same thing and it works out okay? I am not alone)

3) What is the price you pay emotionally for holding on to that old pattern of thought?

4) What will be better or different when you let it go?
What becomes possible in your life today, tomorrow, and in the months and years ahead when you let it go?

💬 A Guiding Mantra

“Just do your best and life will do the rest… when we stop showing up, life has a way of calling us back.”

✨ The 2 C’s – Curiosity and Compliments

When feeling socially anxious – overthinking about what others might be thinking about you – try and be curious about others—ask them simple questions about them and compliment where you can – notice the difference*