# How to Manage Your Mind & Emotions

Your guide to living with less stress and anxiety and more joy, ease and resilience.

# Introduction

Believe it or not, experiencing difficult emotions like stress and anxiety are a normal part of life.  Life will always bring us stress and uncertainty, there's no avoiding it unfortunately.

The good news is, we can get in the drivers seat our life and become more resilient. That means, we can experience emotions like stress, anxiety, disappointment, anger and grief and not get stuck in them. We can train our mind and nervous system to quickly bounce back to feeling ease, safety and connection in life and relationships.

When you feel safe and connected, you're able to live in a way that feels more aligned to what feels good and authentic to you instead of what is expected of you.

And we can do this by regulating our nervous system and deliberately choosing our thoughts. This is the secret to feeling ease and living a better, more fulfilling life. Truly.

This workbook will teach you exactly how to do this in three powerful steps.

> You don't have to white-knuckle and function with stress and anxiety. You CAN feel ease and well-being more often, no matter what stressors you face.

# About Me

I spent most of my life white knuckling with stress, anxiety and self-doubt. I was a people pleaser, I suffered from imposter syndrome and I tied my self-worth to things like my credentials, body-shape and size and my relationship status. As a result, I was living in a way to manage other people's perception of me instead of what was important and felt good for me.

All of this eventually took a toll on my mental and physical health and my relationships.

I desperately tried therapy... Meditation... Yoga... Self-help books. All. The. Things. But, no matter what I did, nothing changed in a lasting way for me.

It didn't take long for me to revert back to old unhelpful patterns. I thought there was something wrong with me. That I was somehow ruined or broken.

It wasn't until I found thought work and somatic (body-based) practices that everything changed for me. I learned science-backed techniques that help you rewire your mind and nervous system, for good.

Now I feel a lot of ease and confidence in my life, work and relationships.  More importantly, I live on my own terms in a way that feels authentic and comfortable for me.

It only took some curiosity and willingness to learn and practice proven tools and techniques. I've helped a lot of people liberate themselves and have mental and emotional freedom and I know I can help you too.

# The Problem

There are three common mistakes people make when it comes to feeling better:

**#1: Believing unpleasant emotions are a problem.**

It's totally normal to feel things like stress, anxiety, disappointment and anger. It means you have a healthy, functioning human brain and body. But when our culture tells us we should feel positive and happy all the time, we think it's a problem and resist how we feel. That creates more tension in our body. It adds more to our suffering and therefore more for us to overcome.  The truth is, our emotions need to be allowed and felt in our body to truly release.

**#2: Trying to act their way out of a negative emotion.**

Many people exercise, hike, do yoga, meditate, have bubble baths and take breaks from social media as way to feel less stressed and anxious. But have you ever noticed when you do, the relief you feel is only temporary? That's because our dysregulated nervous system creates thought patterns that produce unpleasant emotions. So, we can't act our way into feeling better. We have to work with our body to intentionally release the emotion and our mind to change our unhelpful thought patterns.

**#3: Trying to believe things you don't yet.**

Thinking a positive thought doesn't help you feel lasting relief. For some of us, our thought patterns have been engrained for decades. Our brains can't go from "I'm a terrible person" to "I'm the best person in the whole wide world." If it's not believable to you, it won't make you feel better for long. So, we have to start small, try on new thoughts that we can believe now and practice our way to the thoughts we wish we believed.

The good news is, there is a different way that is neuro and cognitive science-backed and proven to help you feel more ease, joy and resilience.

# STEP 1: PROCESS YOUR EMOTIONS

Stress, anxiety and other uncomfortable emotions live in our body. The only way to release them is to feel and experience them.

Two important things happen when you actually process an emotion:

1) You teach your nervous system that you can handle processing feelings; that they are just vibrations in your body that won't harm you; and

2) Getting out of your head breaks the connection between the thought and the sensations it is creating in your body.

This will help the emotion to feel less intense and dissipate faster.

1. What is an area of your life or situation that causes you to feel stressed or anxious?

2. Connect to your body. Where in your body do you feel the energy of the emotion? How would you describe it to a child in simple terms?

*E.g.: hot, cold, moving, stagnant, fast, slow, burning, tight, hollow.*

3. Breathe deeply into your belly and allow yourself whatever time is needed to simply be present in your body without giving in to any urges to resist, avoid, or react to the feeling. Remind yourself that emotions are harmless and will release.

4. What is one thing you can do to help discharge the unpleasant emotion from your body? Imagine the energy of the emotion leaving your body as you do this.

*E.g.: run, dance, sing, scream, cry, spend time in nature, talk to someone you feel comfortable with, play with your child or pet, journal, gentle breathing, gardening.*

# STEP 2: GAIN AWARENESS

Our own thoughts cause our own feelings of stress, anxiety and self-doubt. That's great news, because you are always in control of how you think and feel.

This step is about becoming aware of what you're falsely believing about yourself and your future and what emotions those thoughts are producing in your body.

5. Free write all the thoughts you have about your stressor.

Reflect: why is your situation a problem? What are you making it mean about you or your future that is causing you to feel stressed and anxious?

6. Review what you wrote and see if you can identify the strongest thought that is causing you to feel stressed or anxious.

7. Get some perspective. How is that thought not true? What evidence can you find to counter that thought? What else is true right now?

# STEP 3: THINK ON PURPOSE

All of your thoughts are optional. You can always choose how you interpret your circumstances and what you make it mean about you and what's possible for you.

This is the most empowering thing because you get to stop believing things that make you feel terrible and start believing ones that create the life you want and love.

8. How do you wish you could feel about your stressor? Calm, confident, neutral, other?

9. Brainstorm new thoughts. What could you believe to feel that way now? What are you open to believing? What would some people say that you don't believe yet? What has been true in the past?

*Hint: preface thoughts with "I'm open to believing...", "sometimes...", "maybe...". "it's possible that..." or "some people would say..." to make them more believable now.*

10. What evidence or examples do you have to support that belief?

Practice thinking the new thoughts that give you relief daily as much as you can. This is how we rewire our brains to create lasting change!

Wanna learn more?

To see how my techniques can be applied to your specific situation, click on the button below to schedule your FREE consultation.

**Schedule Now**

It could change your life.

Here's what a recent client said:

"In my free session with Monica, she pointed something out that I was clearly blinded too, and yet looking back, it seemed so obvious! In that moment, I knew she would be able to help me turn my life around and boy did she ever!"
- Megan B