



Mindset & Motion

Module 1 – Achieve a Healthy Mindset

How One thinks Determines the Health of their Body

The Fear Mindset is the only cause of negativity and the stress that one feels.

Crisis (Stress) Chemistry is the automatic defense system that is triggered when there is a real, imagined or perceived threat to your safety. Keep in mind...this REACTION is faster than CONSCIOUS THOUGHT.

The physiological response to stress looks like this:

- Symptoms: Stomach Upset, Diarrhea, Dry Mouth and Panic
- Pounding heartbeat, shallow rapid breathing, anxiety attack
- Hot flushes, sweating
- Confusion – body is ready to act on instinct NOT intellect
- Overwhelming urge to RUN

The impact stress and negative thinking has on our immunity and function of the body.

Negativity has this same impact on the brain as “run for your life” situations. Those that think negatively have increased risk of anxiety, depression, and mood disorders.

The impact this chemistry has on Immunity and health is powerful. Here is just an insight into what it can do and will do to the human body when put into play too often:

- it initiates increased belly fat (excess cortisol secretion)
- high blood pressure (high internal rhythm – stressed state)
- lowers bone density (bones leach minerals when in a stressed state)
- promotes memory loss (due to too much cortisol on the brain)
- die off healthy gut bacteria (immune system)
- This onslaught weakens the immune system and can cause dis-ease to set in.

A study in the Journal of Clinical Psychology showed that negative thinking changes the brain. Those that are reactionary during stressful situations, it could be due to changes in the brain brought on by negative thinking.

When heading out the door...put on your positive mind cap!

The brain is prewired to respond to negative thoughts and feelings faster. This tricks the brain into thinking a threat is looming and stress chemistry is created. This includes thoughts, worries, stressors. It does not matter how imminent the threat is...the brain will respond as if your life is at stake. (In varying degrees)

We are overusing this powerful system. It was created to protect us from life threatening situations, and yet we use it to just get through a day when we experience psychological stressors like: lost keys, argument, worry over spilled milk, boredom with life, procrastination over projects, fear to walk out of the house.

It is possible to retrain the brain to think positively. Starve the neuro-pathways with a negative thought fast and focus on stating positive life-giving statements. The pleasure chemistry that is created from the positive thinking will “encourage” the brain to think on a positive bent.