

How to stop loose and let go of the situation?

Do my Math Homework

Our ability to think and reflect on your experience is a trait that distinguishes us from animals. It allows us to foresee problems and plan the future, to comprehend the past.

The problem that arises from many of us is that we cannot stop in time. As if part of us believes that, reflecting on the problem, we are able to solve it and get rid of adversity. In fact, our mind can sort out the experience again and again, never solving anything and not seeing more clearly. Nature phenomena

Everyone has problems, adversity is part of life. But the tendency to reflect on their alarms can cause stress and even provoke depressive episodes. We can be so stuck in our heads that we lose sight of the beauty and joy of life, calm clarity, which can come from the present, for example, a friend's smile, raindrops dropping on the leaves outside the window, how the setting sun lights the clouds in the sky.

Just as it took time to develop a habit to overly think, it will take a certain effort to overcome it. Here are some tips that will help you start: next time you start obsessed, stop and ask yourself: What do I need right now? Do I need to eat anything? Do I need to move or go out? Or contact a good friend? Reflecting and redirecting attention to something else, you get the opportunity to relax. Put a reminder. Put the rubber bracelet on your hand and when the alarming obsessive thoughts reite your attention again, stretch and release it. Learn to breathing techniques. One of them is the square method: start breathing and inhale, counting to four. Take a pause, delaying your breath for four seconds, and exhale the same time. After that, again hold your breath. The technique also helps to cope with panic. Method Borchard

This method came from Teresa J. Borcard, who wrote an online guide to overcome obsessive ideas. Imagine that you drive the car. Every time you notice that obsessed, imagine that you drive to the side of the road. Then ask yourself: What do I need to fix? What do I need to change? What else do I need to do to reconcile with the situation I think about? If the answer is "no" or "nothing," release an obsessive idea. This will teach this way to focus on things that you can really change, and let go of the rest.

Stop thinking and plunge into feelings. When we are in the process of reflection, we tend to pass through yourself too much ideas. Actions that return us to real life tear this vicious circle.

For example, stroll and pay attention to everything that has blue or green. Ride a bike on the river trail and feel the wind blowing in the face. Take the recipe and prepare a dish that you have never prepared before. Light the wand in the incense and turn on good music.

Examine and practice meditation. One simple practice is to follow the flow of sounds, the moment by the moment of increasing and lowered. When distracting thoughts arise, release them and return to the sound of sounds. When we are docked on a problem or past, it may seem that we are in power of strength, more powerful than we. But the development of the established practice of systematic relief from thoughts will allow you to enter into a more spacious state of mind even in the face of complex circumstances. And it will not hurt to learn how to manage your emotions, for example, using the Vikuium Course "Emotional Intellet