

HOW TO GET UNSTUCK

*Mental Self-Care
to Improve Your Life*



Discover the simple mental self-care practices I used to...

- leave a good job that was holding me back
- lose 10 pounds
- stop overworking
- re-connect with people I love
- find time and space for my life's true work!

The purpose of this course

- Break out of feeling stuck, burnt out, anxious, and overwhelmed
- Achieve tangible, specific wins on the path to your dreams
- Get practical tools to deal with fear, procrastination, failure and moments of high stress.
- Learn simple practices to counter recurrent negative thoughts and negative self-talk
- Keep motivated and avoid the New Year's resolution fail cycle

Course Outline

- Lesson 1: Break the Negative Thought Cycle
- Lesson 2: Identify Where you Want to Go
- Lesson 3: Get Better Results with Better Thoughts
- Lesson 4: Making Dreams Real with Action: Baby steps, course correcting, failing and tracking your wins
- Bonus Q & A Call

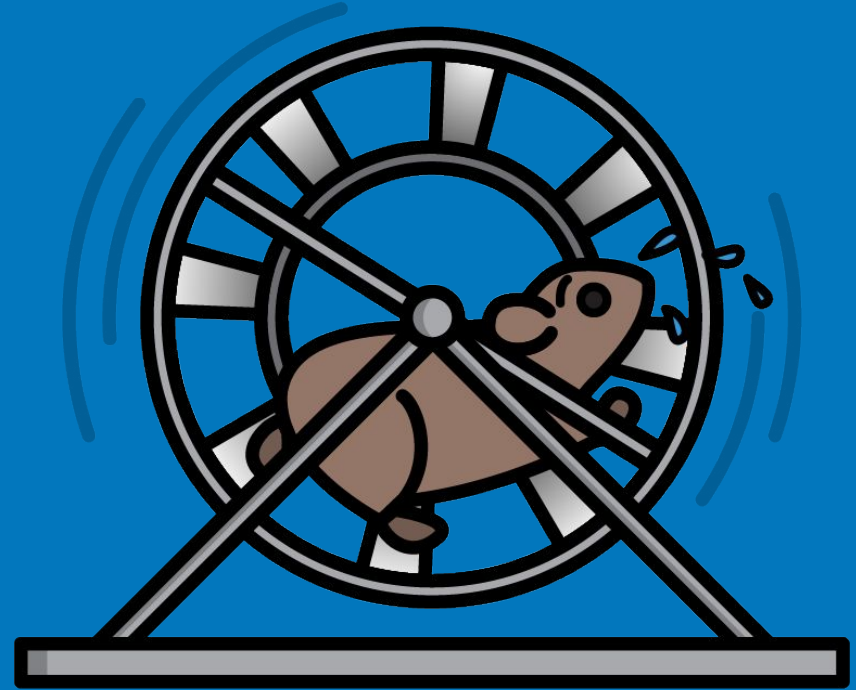
The Way it Works

- **Weekly live Google Meet call**
- **Practice assignments on the course website**
- **Handouts**
- **Private Facebook group**
- **30 minute individual coaching session**

Lesson 1

Break the Negative Cycle

- Why am I so fat?
- I'm such a failure when it comes to X
- Why is so and so such a jerk?
- Why am I so weird?
- Why did I SAY that?
- How come she/he is so much better at X than me?



The background of the slide is white and is decorated with numerous small, five-pointed stars in various shades of blue and grey. These stars are scattered across the entire page, with a higher density in the corners, creating a sparkling or confetti-like effect.

Miracle Minutes

Gratitudes

Blessings

Visualizations

Gratitude



A photograph of seven autumn leaves hanging from a thin, horizontal string. The leaves are arranged in a slightly overlapping row, showing a progression of colors from green on the left to deep red on the right. The background is a plain, light-colored wall.

**"GRATITUDE IS NOT ONLY THE GREATEST OF
VIRTUES, BUT THE PARENT OF ALL OTHERS."**

MARCUS TULLIUS CICERO



©yowangdu.com

Gratitude has been linked to...

- Stronger social relationships
- Greater life satisfaction
- Less stress
- Better sleep
- Lower inflammation
- Less depression
- Lower blood pressure
- Reduced physical pain

Gratitude is good medicine

Practicing gratitude boosts emotional and physical well being

A growing body of research is confirming that an ounce of gratitude is worth a pound of cure.

"The practice of gratitude can have dramatic and lasting effects in a person's life," said [Robert A. Emmons](#), professor of psychology at UC Davis and a leading scientific expert on the science of gratitude.

"It can lower blood pressure, improve immune function and facilitate more efficient sleep. Gratitude reduces lifetime risk for depression, anxiety and substance abuse disorders, and is a key resiliency factor in the prevention of suicide," he said.

Practicing gratitude also affects behavior. Studies have shown that grateful people engage in more exercise, have better dietary behaviors, are less likely to smoke and abuse alcohol, and have higher rates of medication adherence – factors that translate into a healthier and happier life.



Starting a gratitude practice can be as easy as listing what you're grateful for at the beginning or end of each day.

Gratitude works

Emmons believes gratitude works because it allows individuals to celebrate the present and be an active participant in their own lives. By valuing and appreciating friends, oneself, situations and circumstances, it focuses the mind on what an individual already has rather than something that's absent and is needed, he said.

A person's mindset also affects the body's biochemistry, especially factors related to heart disease.

"Gratitude blocks toxic emotions, such as envy, resentment, regret and depression, which can destroy our happiness."
— Robert Emmons

Gratitude is associated with higher levels of good cholesterol (HDL), lower levels of bad cholesterol (LDL), and lower systolic and diastolic blood pressure, both at rest and in the face of stress. It also has been linked with higher levels of heart rate variability, a marker of cardiac coherence, or a state of harmony in the nervous system and heart rate that is equated with less stress and mental clarity.

**In daily life we must see that it is not happiness
that makes us grateful,
but gratefulness that makes us happy.**

– Brother David Steindl-Rast

Two great ways to practice gratitude

- *Miracle Minute* gratitudes
- Write a gratitude letter

What are you grateful for?!

- I'm grateful that we are healthy!
- I'm grateful that it's raining!
- I'm grateful that mom survived COVID!!
- I'm grateful that we have good food to eat!!
- I'm grateful that we have nice friends!

Compare that to “normal” thoughts...

- **Crap, I didn't call mom yesterday**
- **It looks really crappy and cold out there**
- **I have too much to do!!!**
- **I suck at my business and I'll never be able to retire from UCSF**
- **I wish I didn't have to go in to work today.**
- **I didn't sleep that well last night.**

Things to be grateful for

- **Big things**

- Roof over your head
- The sky
- Health
- Love
- Running water

- **Little things**

- Watermelon
- A nice pen
- Your favorite hat

- **People and pets**

- Someone you admire
- Friend
- Spouse
- Your dog or cat or iguana

- **Technology & Conveniences**

- Computer
- Phone
- The Internet
- Starbucks drive-through

- **Senses**

- Sun on your face
- Smell of Coffee
- Light streaming through a morning window
- A hot shower
- Smell of your favorite lotion

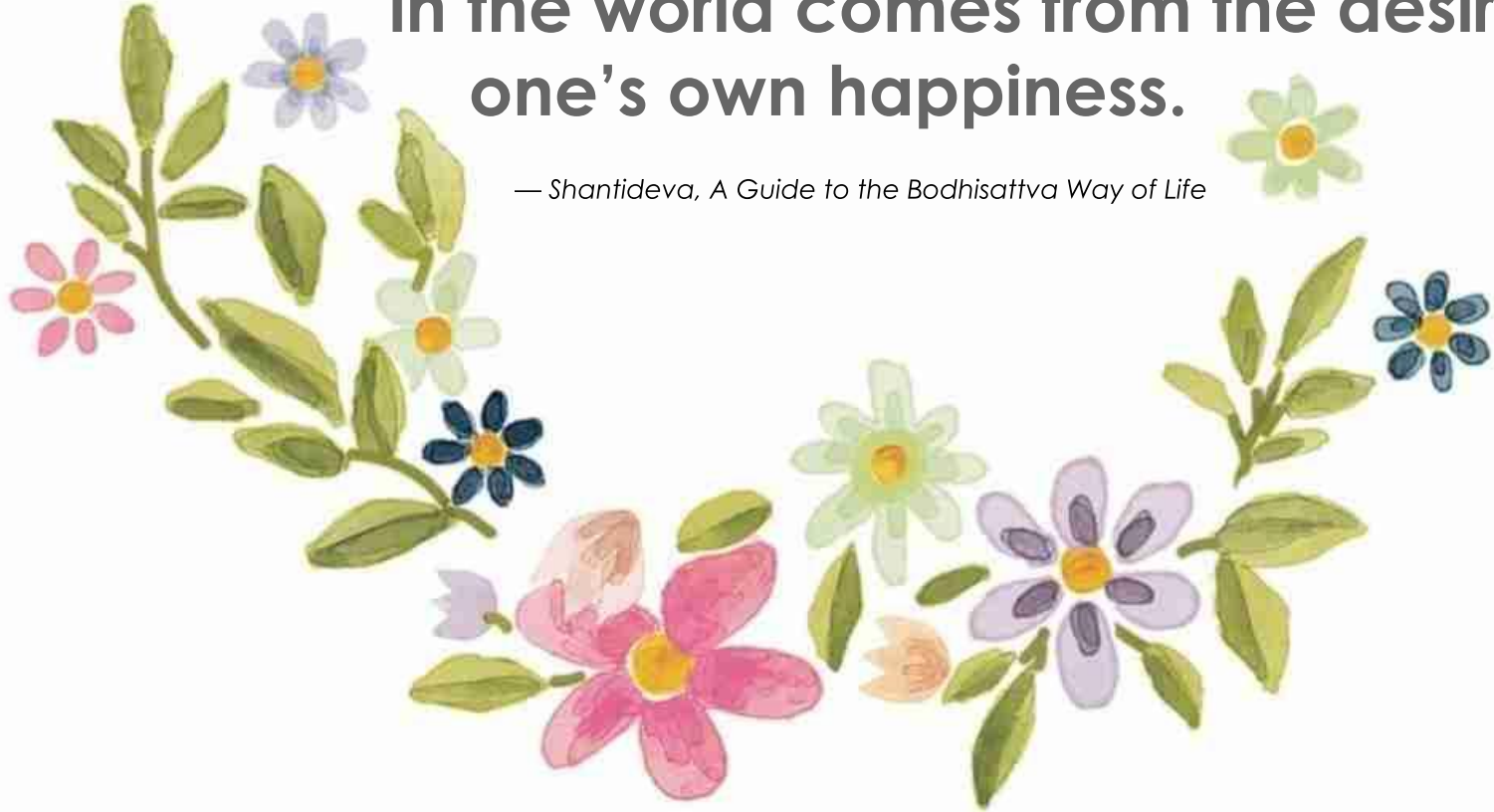
What are you grateful for?

A vibrant photograph of the Aurora Borealis (Northern Lights) over a snowy mountain range. The sky is a deep, dark blue, filled with numerous stars. Two distinct bands of green light from the aurora stretch across the sky, one lower and more horizontal, the other higher and more curved. The foreground shows a snow-covered mountain slope with some dark patches of rock or vegetation. A thin, dark line, possibly a fence or a path, runs across the lower part of the image. The overall scene is serene and majestic.

BLESSINGS


All the joy in the world comes from the desire
for others' happiness, and all the suffering
in the world comes from the desire for
one's own happiness.

— Shantideva, *A Guide to the Bodhisattva Way of Life*



Results of selfishness

- Lower psychological well-being
- Greater self-doubt, envy, anxiety and depression
- Poor health, and more smoking and drinking
- More conflict in relationships and less relationship stability

The background of the image is a light cream color, decorated with various heart-shaped cookies and candy hearts. In the top left corner, there is a large heart-shaped cookie with white icing, red swirls, and small red and blue dots. To its right, in the top center, is the first line of text. Below it, in the middle left, is the second line of text. Further down, in the center, is the third line of text. Below that, in the middle right, is the fourth line of text. At the bottom center is the fifth line of text. On the right side, there is a large heart-shaped cookie with pink icing, red dots, and small blue and yellow candy hearts. Below it, in the bottom right, is another large heart-shaped cookie with pink icing, white swirls, and small blue and yellow candy hearts. Scattered throughout the background are numerous small red heart-shaped candy hearts, some with text like "I LOVE YOU" or "BE LOVE", and several round cookies with red and white stripes.

May you be happy.

May you know peace.

May you feel love.

**May you feel respected and honored and seen
for who you really are.**

**May you have all the things
and friends you wish for.**

Who to Bless?

- Family and friends that you love and care about
- People you don't know who you have heard need help
 - A friend's husband or child
 - People who are suffering from natural disasters like fires or hurricanes
 - People who are sick
 - Medical professionals working in COVID units
 - Firefighters working in fires
 - People who have lost their jobs in a bad economy

Try blessing
your “enemies”
too



Ho'oponopono Prayer

I'm sorry
Please forgive me
Thank you
I love you

The background of the image is a light cream color, decorated with various heart-shaped items. There are three large heart-shaped cookies: one in the top left with white icing and red swirls, one in the middle right with pink icing and red dots, and one in the bottom right with pink icing and white crisscross patterns. Scattered throughout are numerous small candy hearts in red, pink, and white, some with messages like 'I LOVE YOU' and 'BE MINE'. There are also several round cookies with red and white stripes.

May I be happy.

May I know peace.

May I feel love.

**May I feel respected and honored and
seen for who I truly am.**

**May I have all the things
and friends I wish for.**

Who would you like to bless?

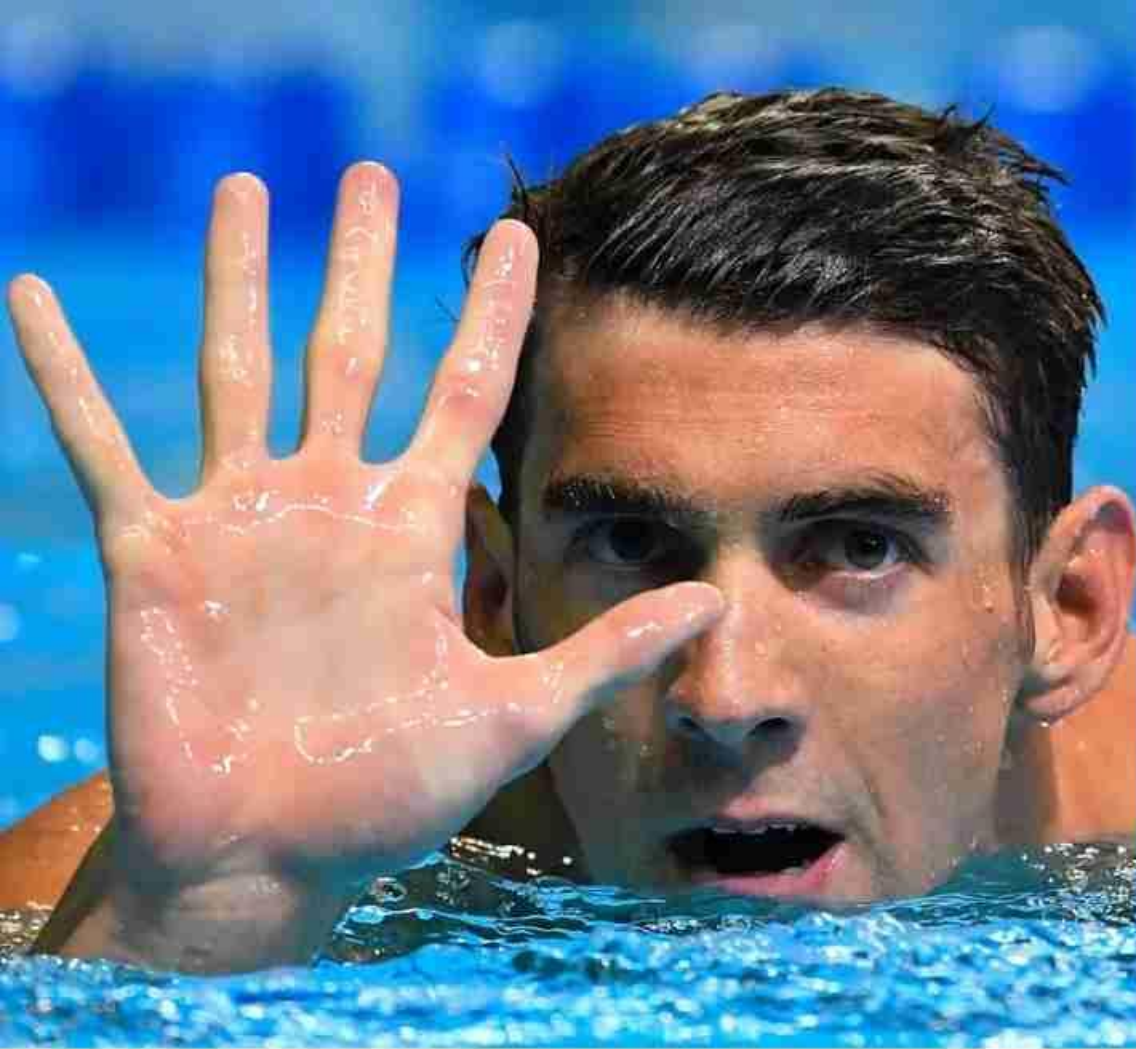
VISUALIZATIONS



Why do visualizations?

Your brain is like a computer that can be programmed.

Since it is programmable, you can program it yourself with all the things that you want to be and do.



" When I'm about to fall asleep, I visualize to the point that I know exactly what I want to do: dive, glide, stroke, flip, reach the wall, hit the split time to the hundredth, then swim back again for as many times as I need to finish the race. "

— MICHAEL PHELPS

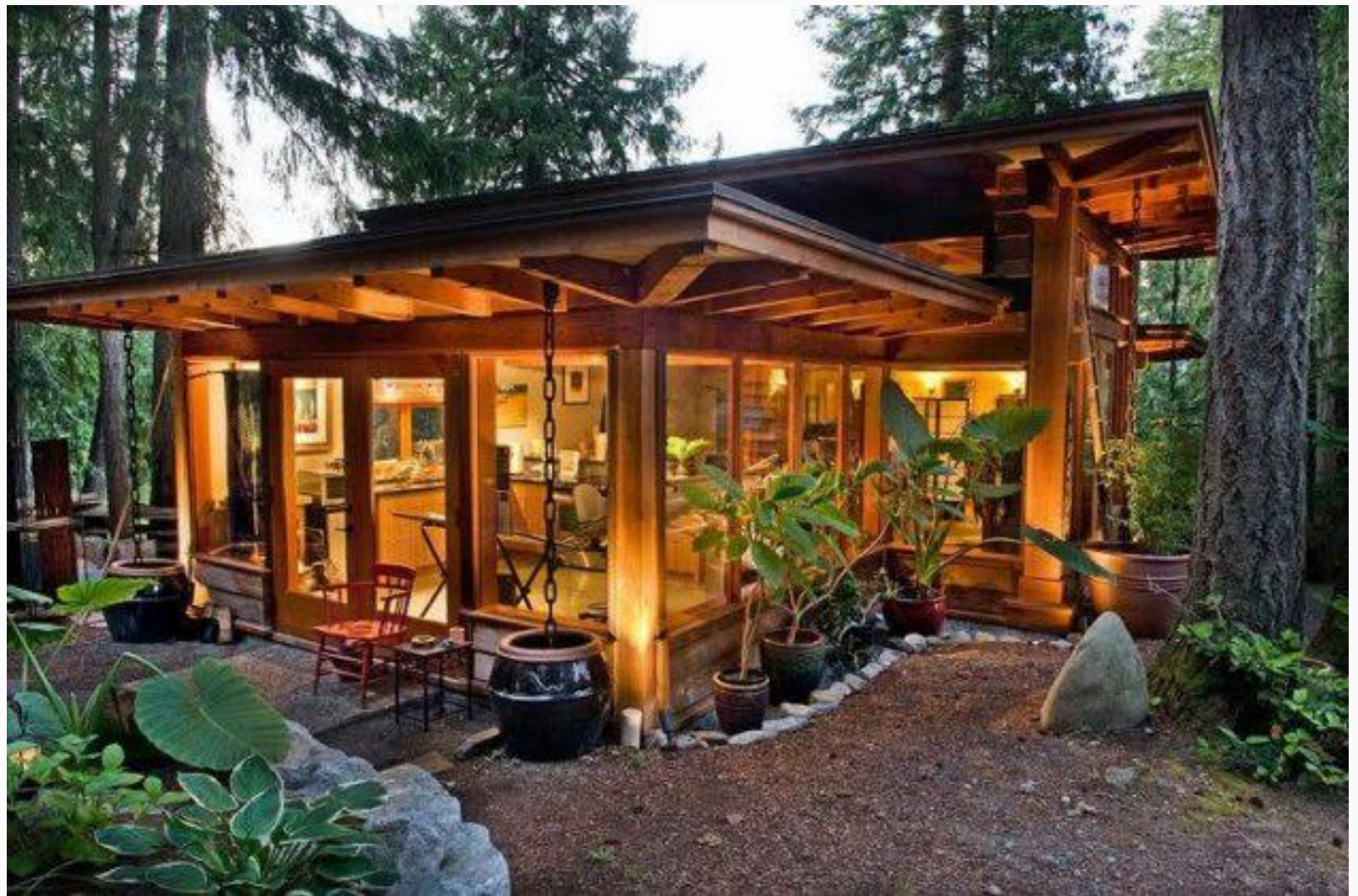
How to do visualizations

1. Pick anything you dream of having, doing or being: like a house, a job, a partner, a dog, a raise, a better relationship with your family, anything...
2. Imagine yourself having achieved this result, as fully and completely as you can. Play it like a movie in your mind, and feel how it feels.



new year

new job









**What new result do you want
to visualize?**

Miracle Minutes Daily Practice

One minute each:

- Gratitudes
 - say a gratitude and pause to feel it, then another and another until the minute is up
- Blessings
 - say blessing and feel it, repeat
- Visualizations
 - Pick one result you want in your life and spend the minute imagining everything you can about it.

Miracle Minute Mistakes

1. Thinking they have to do it perfectly or that there is a “right” way. (There literally is no wrong way to do this.)
2. Thinking you don't have time.

Questions about Miracle Minutes

1. Is there any trick I can use to visualize better since I suck at visualizing?
2. What if I don't feel like doing it?
3. Is it okay to repeat the same gratitude?
4. It's hard to say the blessing and bring the person's face to mind at the same time. Any ideas?
5. When should I do the Miracle Minutes?

Q & A

What's Next?

Assignment: What to Practice this Week

- Identify a time to do your Miracle Minutes
- Do the Miracle Minutes every day
- Write a gratitude letter

Gratitude Letter

- I've been meaning to let you know that...
- I admire X about you
- I'm grateful that you did/said/gave X
- I appreciate you because you X
- I remember X nice episode when you/we...
- I've learned X from you (Something positive 🤗🙌)
- You contributed X to X

Q & A

That's it for tonight!

