



21 Ways to Snap Out of Negative Thinking

by David Koutsoukis

1. **Move away** – if possible, move away from whatever is having a negative impact.
2. **Name It** – just labeling your emotion will help you calm down e.g. “I’m so frustrated!”
3. **Change your Posture** - stand or sit up straight with shoulders back.
4. **Smile** – smile (or clench a pen in your teeth if you have to!) as this action releases endorphins.
5. **Change your Vocal Tone** – talk more slowly and lower the pitch of your voice.
6. **Change your Clothes** – “slip into something more comfortable.”
7. **Personal Editing** – create an anchor action to release negative emotions e.g. flick hands to the side and say ‘Let it go!’
8. **The Lackie Band Trick** – Wear an elastic band (or a ‘Find Your Kefi’ wristband). When you have negative thoughts flick it and say to yourself “Snap out of it!”
9. **The Frustration Word** – in lieu of a swear word, identify a funny word that vents your frustration when you say it (e.g. Peanuts!, Rumpelstiltskin!)
10. **The Magic Question** – invoke the Law of Attraction (‘Whatever you are thinking and feeling plus your actions is creating your future’) by asking yourself the ‘Magic Question’ – ‘so what do I want?’ Once you are clear about ‘what you want’ the brain will start working on ideas to help you get it.
11. **Breathe** – take deep breathes so you empty out the all the air in your lungs and replace it with fresh air. Release your breathes very slowly and in a controlled manner.
12. **Countdown to De-stress** – count backwards slowly from 10 to 0, repeat until you calm down
13. **Move** – go for a walk or run, or go to the gym
14. **Stretch** – do some yoga or other stretching exercises
15. **Be Silent and Still** – mediate if you can, or simply try to be silent and still.
16. **Tapping** – tap acupressure points to release tension. See www.eftdownunder.com
17. **Act ‘As If’** – act as if you all ready feel like you would like to feel. That desire feeling will eventually come to you.
18. **Have a Massage**
19. **Have a Warm Bath or Shower** – add bubble bath and burn some aromatic oils
20. **Gratitude List** – write down 10 things you are grateful for.
21. **Thank You Note** – some say the best way to make yourself feel good is to make someone else feel good. Make someone feel good by writing them a nice note.

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