

Mind Your Mantra!

January – the time of year when the gyms are crowded, the diet & self-help books fly off the shelves and commitment is high. For most, the flame of desire for a new & improved you starts to burn out by February.

Perhaps it's time to consider what oft-repeated phrase you are saying to yourself. Is it resourceful? Would you say it to someone else? Does it make you feel good about yourself?

If not, perhaps you are in need of “mantra maintenance”? The first step in modulating your “mantra” is to become aware of what it is you are saying to yourself.

It may help to know that the negative self-talk (a.k.a. mantra) results in very different heart rhythms than the positive self-talk. Over time, it leaves you feeling old, worn-out or ill. In other words, your self-talk creates stress in your body.

That stress, if left unchecked, causes a cascade of 1,400 physical & chemical changes. Cortisol - “the stress hormone,” stays in your body for up to 13 hours and is connected to a number of illnesses and conditions which may not show up for years or decades.

Why do that to yourself? How have those negative “mantras” improved your life? If you are still repeating them, there's a good chance that the change you were looking for hasn't occurred.

The more stressed we are, the more negative the “mantra” - the more negative the “mantra,” the more stressed we are. And, on and on and on. That's the addictive nature of stress.

The heart is at the core of your mess with stress – literally & figuratively. There are more signals sent from the heart to the brain, than the other way. When those signals are clear or coherent, the brain does a better job – a more resourceful job. This means that the brain recognizes that those negative “mantras” are not helping you live your best life.

It's not too late to start 2009 by learning how to activate the power of your heart to create “mantras” that are life-enhancing, and starting now is as simple as one heartbeat at a time.

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“Auntie-Stress”

Change of Heart Stress Solutions