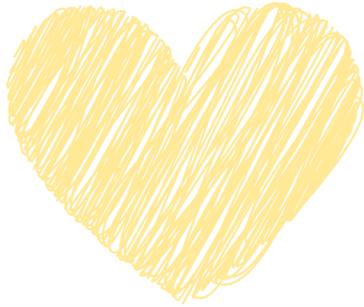


BECAUSE WE CARE

Lloydminster Interval Home

Because We Care



Mental Potential

Our mental potential is our ability to think, reason, learn, understand, create, problem solve and communicate. Using these abilities enables us to take in information and then use the information to make decisions and take actions. Our brains are at the center of this potential and we can strengthen them by things we do deeply and challenging them by learning new things or new ways of thinking. If you feel like you are stuck in your thinking patterns, take heart that you can change your brain structure at any age!

5 reminders today:

1. You are enough.
2. Your dreams matter.
3. Miracles are natural.
4. Authenticity is magnetic.
5. You've totally got this.

@ElyseSantilli



THIS WEEK:

UPLIFTING PODCAST

[HTTPS://PODCASTS.APPLE.COM/US/PODCAST/THE-HAPPINESS-LAB-WITH-DR-LAURIE-SANTOS/ID1474245040](https://podcasts.apple.com/us/podcast/the-happiness-lab-with-dr-laurie-santos/id1474245040)

CHALLENGE

TRY TO FIND 3 TIMES TO BE MINDFUL THIS WEEK

AFFIRMATION

I FEEL GROUNDED, CONFIDENT AND WORTHY.

JOURNAL PROMPT

WHEN DO YOU FIND IT EASIEST TO BE PRESENT IN THE MOMENT? WHEN DO YOU FIND IT HARDEST?

WEEKLY CHECK-IN

DID YOU DO YOUR VISION BOARD?

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The Power of Positive Thinking

I am sure everyone has experienced a time when they get stuck thinking about something over and over again. That replaying of a thought is strengthening a neuro pathway in your brain, think of it like a road. The more times that you have a thought, the easier it is to come back down that road and the more you are drawn to it. This is so important because the thoughts that we have actually change the way our brain works! Don't let that scare you though. Brains are super resilient and can be taught new pathways at any age and, with some work, you have the power to change your thought patterns.

This is such a big deal that the Mental Health Commission of Canada has actually labeled it one of the Big 4 Coping Skills (along with visualization, deep breathing and goal planning) and it is within your power to implement positive thinking. How we think changes the way we feel and the way we behave. It is the first stepping stone to changing our lives.



How to Change Negative Thoughts

So now that you see the importance of positive thinking, how do we replace all of those negative thoughts we have in a day? You can start by trying some of these strategies:

- 1) Replace unproductive thoughts - Let go of the "why" thoughts and replace them with the "what will we do next and how will we do it?"
- 2) Focus and refocus - If you find yourself constantly thinking about painful experiences or worries, move forward by focusing on healthy thoughts instead. This may feel tricky at first because it is a new neuro pathway but the more you do it the stronger the new pathway gets. Think of it like a mental push-up!
- 3) Positive Emotion Ratio - Notice how often you have negative thoughts. Try to have positive ones out way the negative. It takes 4 positives to counteract 1 negative.
- 4) Practice the positive - Notice the small things in life that bring you happiness, find humor in life and remember that you are a person worthy of joy.

one small positive thought in the morning can change your whole day

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RESOURCES:

POWER OF POSITIVE THINKING

[HTTPS://WWW.BRIANTRACY.COM/BLOG/PERSONAL-SUCCESS/POSITIVE-ATTITUDE-HAPPY-PEOPLE-POSITIVE-THINKING/](https://www.briantracy.com/blog/personal-success/positive-attitude-happy-people-positive-thinking/)

5 STRATEGIES FOR POSITIVE THINKING

[HTTPS://WWW.TONYROBBINS.COM/POSITIVE-THINKING/](https://www.tonyrobbins.com/positive-thinking/)

BENEFITS TO POSITIVE THINKING

[HTTPS://WWW.VERYWELLMIND.COM/BENEFITS-OF-POSITIVE-THINKING-2794767](https://www.verywellmind.com/benefits-of-positive-thinking-2794767)

RESEARCH ON MINDFULNESS

[HTTPS://WWW.MINDFULSCHOOLS.ORG/ABOUT-MINDFULNESS/RESEARCH-ON-MINDFULNESS/](https://www.mindfulschools.org/about-mindfulness/research-on-mindfulness/)

[HTTPS://WWW.HELPGUIDE.ORG/HARVARD/BENEFITS-OF-MINDFULNESS.HTM](https://www.helpguide.org/harvard/benefits-of-mindfulness.htm)

[HTTPS://WWW.MINDFULNESSSTUDIES.COM/MINDFULNESS/EVIDENCE/?GCLID=EAIAIQOBCHMI8OLMIDFY6QIVSICTBH38KWJEEAAYBCAAEGIFMPD_BWE](https://www.mindfulnessstudies.com/mindfulness/evidence/?GCLID=EAIAIQOBCHMI8OLMIDFY6QIVSICTBH38KWJEEAAYBCAAEGIFMPD_BWE)

GUIDED MEDITATION

[HTTPS://WWW.TARABRACH.COM/GUIDED-MEDITATIONS/](https://www.tarabrach.com/guided-meditations/)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=INPOK4MKVLM](https://www.youtube.com/watch?v=INPOK4MKVLM)

MEDITATION 101

[HTTPS://WWW.GAIAM.COM/BLOGS/DISCOVER/MEDITATION-101-TECHNIQUES-BENEFITS-AND-A-BEGINNER-S-HOW-TO](https://www.gaiam.com/blogs/discover/meditation-101-techniques-benefits-and-a-beginner-s-how-to)

TED TALK:WHY YOU DON'T GET WHAT YOU WANT - JENNICE VILHAUER

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=FWLEIY5F7SI](https://www.youtube.com/watch?v=FWLEIY5F7SI)

YOU DESERVE - LES BROWN

[HTTPS://WWW.YOUTUBE.COM/WATCH?](https://www.youtube.com/watch?)

Mindfulness Meditation

Mindfulness means maintaining a moment-by-moment awareness of our thoughts, emotions, bodily sensations, and surrounding environment with openness and curiosity. Mindfulness is the practice of purposely focusing your attention on the present moment and accepting it without judgment.

Mindfulness has a variety of research-backed benefits, including reduction in stress, and improvements in job satisfaction, emotional regulation, and focus.

Mindfulness can be thought of a “state,” a “trait” or a “practice.” You can have a moment of mindfulness, which is the state of your mind. You can also have a sustained experience that is more like a habit or strong tendency to be mindful, a trait. You can engage in a more intentional practice of mindfulness by using different forms, postures and activities, such as seated mindfulness meditation, mindful walking, and mindful eating.

Beginning a mindful practice can be a bit overwhelming at first, however a 5 minute guided meditation is a great place to start. Try listening to the guided meditation 3 x's in the day, small bite size meditations will help in building up to a longer meditation.

To Connect With Us:

- Email:communityoutreach@lloydintervalhome.com
- 24/7 Crisis Line: 780)875-0966
- Confidential text: 780)808-1777