

How to stop your mental merry-go-round



Health- and mental coach Barbara Luigs is expanding her programme here at the Red Sea. In this issue, she explains what you can do mentally and physically to stop these endless thoughts that keep going in circles in your head. Because we are what we think.

Dear readers,

"Don't think of a pink camel". Now I bet you all have the image of a rather strange looking animal in your head that is difficult to ignore. The same thing happens with thoughts that are important to you whether it's a business problem or something personal that bothers you. The more stress we have these days, the more pertinent these thoughts sit in your head and make it next to impossible to unwind, relax and be open for new ideas and impulses for how to solve the issues.

As a consequence, our perception and ability to focus on the present is becoming limited, we lack energy, and develop a set of thinking patterns that can, in the worst case, result in a negative spiral of thoughts. The impacts are both physical and psychological and include sleep disorders, nervousness, headaches, tension and can even lead up to serious symptoms such as stomach issues, back pain and distressed blood circulation.

Now, a repetitive thought is not yet a sign that you should make a change in your life. But if it becomes persistent, starts a life on its own, is tedious, often negative or develops a "what if when" pattern, you may want to do something about it.

There are a variety of options and most of them can be done by yourself, such as focussing on the present, doing something fun, trying to change the perspective or by simply leaving the situation which may mean to get up and drink a cup of tea at night instead of turning from the left to the right side while desperately trying to go back to sleep.

Other "tools" that help your thoughts to unwind are endurance sports, relaxation exercises such as yoga or breathing techniques, meditation or fantasy journeys. The prerequisite though is to start a consciousness process that your thoughts are in a negative spiral and this is achieved in three steps: Apperception – Decision – Focus.

In my mental training programme, you will learn to focus on the present, shape your emotions to be positive and affirmative of yourself and hence positively influencing your mind and thoughts. The programme can also help you to reduce addictions such as smoking, increase your ability to concentrate and prevent burn-out.



Mental Practise:

I would like to conclude by offering you this little exercise for free which will help you stop rotating thoughts in a few seconds:

1. Sit or lie down so that you feel comfortable and close your eyes
2. Relax the muscles in your face: forehead, eye muscles, lips, jaws, etc.
You only have to focus on each of the relevant areas and tell yourself "Let go" – that will do.
3. Relax the entire area of your mouth and especially the tongue! Why?
Because the tongue is directly connected with the cerebral areas responsible for speech and if you relax the tongue, you will find it hard to think and lead inner dialogues. The result? Your thoughts come to a halt. So what are you waiting for? Start to live your life today!

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To schedule an appointment with me, please send an e-mail to contact@my-healthcoach.com or call me at +2 0127 562 36 71

For more information about my programme, please visit www.my-healthcoach.com



Barbara Luigs
Health- and mental coach

*Yours Sincerely,
Barbara Luigs*

Why training with me is different

My previous experience from working in an executive position in a corporate environment helps me better understand and deal with mental and physical challenges a stressful job, a hectic life, or simply a lifestyle with lots of different options and choices can create for the body and mind.

My mental training combines physical and mental exercises and I see my customers as a holistic unit. Subject to your needs and personal situation, I will also integrate coaching elements into the customised programme.