

H E L E N M A C M I L L A N

Guiding You To Your 'Million Dollar Zone' Of Power, Authenticity and Abundance!

3 SIMPLE WAYS TO SHIFT FROM OVERWHELM TO ACTION!



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Most people have at some point experienced that “sweet spot” when you feel energized, creative, motivated and inspired. Life is exciting and fun. Progress seems effortless and you feel truly unstoppable!

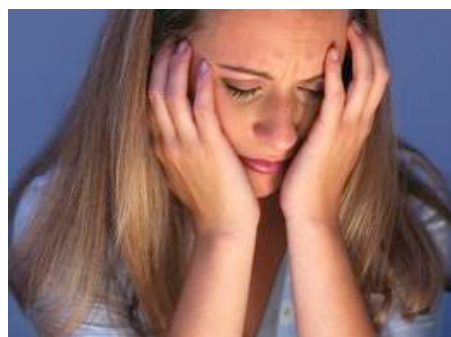


I call this place your “Million Dollar Zone”.

Sometimes, however, you are just not able to access that place. You may find yourself feeling anxious, overwhelmed, confused, depressed, or hopeless, your physical energy levels plummet. It’s hard to think clearly, move physically, make decisions or be creative. You may feel unmotivated and uninspired.

Even worse, you may be spending precious energy spinning your wheels fighting how you’re feeling because, no matter what the reason is that you feel this way, you know how important being in the sweet spot is to achieving success!

So what CAN you do?



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When you feel this way, the number one priority is to SHIFT- your energy and your focus.

Here are 3 simple ways to do this:

1 - Get Your Breath Moving!

The breath is a great indicator of our emotional state. For example, when we are surprised we often take a quick, sharp inhalation. We can find ourselves holding our breath in response to anticipation or deep concentration; our breath can become short and rapid in response to fear; and we all have experienced a deep sigh of relaxation or relief. So we can use breathing techniques to shift our energy and focus.

The Three Part Breath (Breath of Joy) Exercise

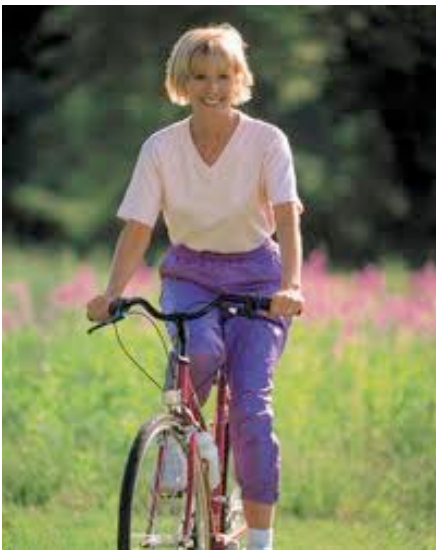
This is a great technique for quickly shifting your energy - whether you feel lethargic and just need to give your energy a boost, or you want to release anxiety or frustration.



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- Step 1 - Inhale about 1/3 of the way while you bring both arms from your side to shoulder height.
- Step 2 - Continue to breathe in until your lungs are 2/3 full, while spreading your arms wide at shoulder height.
- Step 3 - Finish filling your lungs completely while raising both arms overhead.
- Step 4 - Release your upper body completely towards the floor as you exhale fully with a loud HA!. Keep your knees slightly bent and your belly button pulled in to protect your lower back.
- Step 5 - Repeat 7 times in rapid succession then take a moment to stand still and notice the sensations or changes in your body.

2 - Get Your Body Moving!



Our bodies respond to stress and overwhelm in many ways. One common response is increased muscle tension which can lead to headaches or neck and back pain. There may also be a general feeling of tiredness even though you slept well the night before.



Getting your body moving is a great way to create a shift when you need it. Changing the position or location of your body periodically is vital to maintaining good flow of the fluids (blood and lymph) and energy in your body.

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Here are some ideas for ways to move your body:

- 1 - Put on some music and dance!
- 2 - Go for a walk or run (preferably outside)
- 3 - Stretch (Take deep breaths while you stretch)
- 4 - Bend your knees slightly, stick your butt out and wag your tail like a dog!
(This is a great mood lifter - it's hard to not smile when you do it!).
- 5 - Do the 'Breath of Joy' exercise (as above) - this will get your breath AND your body moving.

3 - Get Your Mind Moving!



Shift your Focus Exercise:

Step 1 - Get a piece of paper and draw a line down the middle, creating two columns

Step 2 - Label the left side "I feel". Write everything you're feeling right now, putting each feeling on a separate line.

Step 3 - Label the right column "I would prefer to feel". Write what you would prefer to be feeling instead of the feeling on the left.

For example:

I feel:

overwhelmed
anxious
guilty
ashamed
angry
lonely / alone
poor
jealous
needy

I would prefer to feel:

calm, organized, focused
relaxed, peaceful, calm, carefree
comfortable, self assured, proud
confident, at ease, supported
calm, peaceful, content, joyful
supported, connected, loved
rich, abundant, wealthy
happy, content, complete
loved, supported, cherished, contented

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- * Sometimes you may find that you may have difficulty coming up with what you would prefer to feel because you do not have a lot of experience feeling the opposite emotion of the one you are currently trying to shift. If this happens, just imagine what the opposite of the negative feeling might be and describe that.

When you have completed your list make a choice to focus on how you would prefer to feel because what you focus on expands!

