



# **BREAKING THE MIND LOOP !**

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- A new study has suggested that an average person has 6,200 thoughts per day. Thousands of thoughts cross our mind through the day. Many people even complain that they can't sleep immediately after going to bed as their brain does not stop thinking.





# WHAT IS THE MIND LOOP?

- A(Mind) cognitive loop is a repeating pattern where thoughts and beliefs produce feelings that fuel our rightness about our stories, that then further intensify our feelings, and on and on. ***“They burn energy and get in the way of progress. They're one way we as humans get stuck.”***



- Your thoughts and beliefs become you loop.
- What you like/dislike.
- What you fear .
- Dreams and Aspirations



# Murphy's Law

Anything that can go wrong...  
will go wrong.



# UNKNOWN

- Your fear of the unknown is created by your thoughts and self-limiting beliefs that are all held in your mind. For some of us, these thoughts and beliefs have been in our minds for many years and have a huge influence on how we live our lives.



- “Unknown is what it is. Accept that it’s unknown and it’s plain sailing. Everything is unknown-then you’re ahead of the game. That’s what it is. Right?” — John Lennon



# BREAKING THE LOOP!

- Collapsed Belief systems....
- Find the cause of your fear.
- Understand your fear.
  - (1) What evidence that supports my fear of the unknown.
  - (2) Focus on 3 examples where you have coped with uncertainty and prevailed.



# TAKE A MOMENT TO BE PRESENT

Be  
Where  
Your  
Feet  
Are



# CONTINUED

- Accept failure as an option.
- Ride the wave of fear, go through it .
- Embrace the change.
- Practice Mindfulness!



## ***Mindfulness:***

**Being consciously aware of what is happening inside us and around us in the present moment**

- **Being accepting of what we experience without judging right or wrong, or labeling good or bad**

- **Mindfulness Meditation:**

A method used to obtain *insight—seeing things as they really are, not cloaking our immediate experiences in reactive thoughts and emotions*

- *Awareness of one's emotions and mind states, as well as to one's environment and relationship to others*

- **Mindfulness model:**

(1) self-regulation of **attention to present moment experience**

(2) approaching that present moment with a **sense of curiosity, openness, and acceptance**



# Diaphragmatic Breathing Guide

Diaphragmatic, or **belly-breathing**, fills the lungs more fully, slows respiration rate, and helps to elicit the **parasympathetic relaxation response**.

1. Place one hand on your belly just below the ribs and the other hand on your chest. You can do this while standing or sitting, but it may be more comfortable while lying on your back on the floor with your knees bent.
2. Take a deep, slow breath through your nose. Let your belly push your hand out, keeping your chest as still as possible.
3. Exhale slowly through the nose slightly longer than you inhale. Repeat these steps 4 to 5 times. Take your time with each breath.



# Straw Breathing

**Proper inhalation is a natural result of full exhalation.**

People suffering from various lung-related ailments, such as *asthma, emphysema, or anxiety disorders* often have difficulty exhaling properly. When you breathe outward through a straw, emphasis is placed on **slow and complete exhalation; thus, eliciting the *relaxation* response:**

1. Place a drinking straw in the center of your lips, holding it in place with one hand
2. Breathe in slowly and deeply through the nose
3. Exhale through the straw slowly and evenly

**NOTE:** As you breathe in through the nose, touch your tongue to the end of the straw, to prevent inhaling through the mouth. Repeat these steps for up to three minutes. Take your time with each breath. Relax fully on the outbreath.



# The Power Breath

- **A breathing practice that promotes inner calm and relaxation adapted by Jane McGonigal, Ph.D., a game designer and researcher in cognitive performance studies**
- **The ratio of inhalations to exhalations is 1:2**
- **Long, slow exhalations relaxes the body and triggers the**  
parasympathetic response McGonigal calls this the **“calm and connect” phase**
- **Increases “heart rate variability”—the slight differences in**  
the length of time between heart beats
- **Used effectively in: cessation of panic attacks, reduction of**  
migraine symptoms, and calming muscle spasms and cramps



"The privilege of a  
lifetime is to  
become who you  
truly are."

Carl Jung

IDEAPOD

