Stress-Free & Happy Life

Flow States

- Flow State occur when are fully engaged with what we are doing.
- This is 'Hypofrontality'
- Flow States unlock our full potential and leave us happy and exhilarated.
- In a brain scanner, it looks similar to meditating.
- The opposite is the "Default Mode Network".
- This is, too, for 'daydreaming' and for coming up with new ideas.
- The key is to be able to choose and activate the best brain state for any situation.

What is CBT?

- CBT uses mindfulness to address negative thought patterns
- Also journaling
- Theses thoughts by using 'Though Challenging'
- And using "Hypothesis Testing'
- New associations are forming with exposure / re-association.

Today's Struggles

- We are never happy due to the daily treadmill of ideas.
- Advertisement, alerts, alarms, the news keep us in constant, daily STRESS.
- We worry about things that never really matter.
- We never have time for focusing on the good things.

Solutions

- Meditation
- CBT
- Rich environments
- Challenges
- Less News on the TV
- Less mobile phone & social media
- Good morning routines
- DAILY exercise
- Gratitude

What is Meditation?

- Essentially, meditation is practicing control and focus your thoughts.
- This can improve memory, IQ and your mood.
- It also stimulated Theta brainwaves and is very therapeutic.
- Many of the worlds most influential figures meditate daily!

Types of Meditation

- Zaxen — Seated Meditation with no goal
- Mindfulness — Watch your 'thoughts go by'
- Transcendental — Quietening all thoughts
- Spiritual — Focusing on your religion or beliefs
- Focused — Focusing on one thing
- Guided Visualization
- Moving Meditation
- Vipassana — Another name for Mindfulness; Insight Meditation
- Varjaana — Somewhat "Buddha-like"

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