

Pretending to do something like smile, or sleep, or even write, carves a path for it to become reality

Yes, it is that simple to trick yourself. You see, your mind should not have control of you – so don't let it keep you grumpy and tired, use it as a tool to get the better of yourself.

Just put a smile on your face and then breathe softly and relax your body. Move your head and neck and back and limbs slightly to help them relax. Imagine that they feel soft and gentle. Now imagine your eyes also becoming soft and gentle to match your smile.

Let anything that was troubling you just slip away, and you have won! You are smiling now! You might even have a little laugh to yourself.

Or if you are struggling to relax to get to sleep, first have a little stretch, and then try the same thing to relax yourself. Or simply pretend you are trying to convince a friend that you are actually asleep, and you soon will be! You have to pretend properly, with the right kind of breathing, and it works.

The other thing with sleep, is that if you really can't sleep then why not just get up and do something for a bit and try again later? It is much better than just lying there feeling wound up or stressed. A lot of people don't need nearly as much sleep as they think they do, so don't worry so much about it. This varies a lot from one person to the next, so why not experiment a bit to find out what works for you. Once again, don't let ideas that your mind has got from somewhere else rule you; find out what suits you personally!

I find that I never suffer from writer's block either. I just don't worry about, I just read for a bit, or do something else instead, and ideas soon come tumbling in. Another thing you can try is to just start writing, anything, and then eventually you will get into the flow of what you need to be doing.

I tend to carry around a notebook and pen with me so that I never forget ideas no matter when they appear. The same applies to trying to remember something you need to do tomorrow – if it's interfering with your getting off to sleep, then jot it down and forget about it until tomorrow. Worrying is a useless thing to be wasting your time with - it never achieves anything. Even if you are upset about something, if you write it down, it tends to dissipate the emotion, so you can get to sleep after all.

Taking a walk is a great way of getting a break from anything, you get a bit of exercise, and fresh air, which will both add to the probability of getting a good sleep later on. Plus you get your circulation going, and can enjoy looking at things and having a think. So that should all help with smiling, relaxing, and inspiration. Try to notice details around you to appreciate, and try to walk with a loose, light, swinging step to release any tensions.

If the weather is bad or it's the middle of the night then a good book or movie works wonders. Organise yourself to be really comfortable and enjoy it. Or you might prefer to listen to music or sing or play something yourself.

Of course eating well helps everything too. Again, eat the kind of foods that seem to suit you, and eat the amount that seems to suit you, and at the times that seem to suit you too. We are all different here as well, so don't just do what other people tell you, work it out for yourself. If you pay attention to your body it will soon let you know what works and what doesn't.

Julia Woodman – Life Coach, Counsellor, Stress Consultant, and Writer



Advice Line **0905 620 1396**

£1.02/min - from a BT landline. Calls from other networks and mobiles may vary. 18+

**please see Greatvine Profile page for details & availability,
plus call request, or email buttons
and materials available for download**

<http://www.greatvine.com/julia-woodman>

Bundle of 2 MEDITATION GUIDES as a Greatvine Download.

<http://www.greatvine.com/julia-woodman>

Meditation Guide 1 – Information

Principles / Energy and Breath / Protection / Grounding / Safety
12 full pages + 4 pg bonus informative book review.

Meditation Guide 2 - Practice

23 full pages of techniques & examples to use from simple to advanced.
Includes some meditations for groups and for couples.

Bundle of 2 STRESS BUSTING Guides as a Greatvine Download.

<http://www.greatvine.com/julia-woodman>

A 40+ page Guide for Stress Busting
from Stress Consultant Julia Woodman
including her TV demonstration script.
plus an additional 20+ pages of guidelines
which she uses for her workshops
with extra ideas and exercises to help you.
