

You Are What You Think!

Creating a Mindset of Movement



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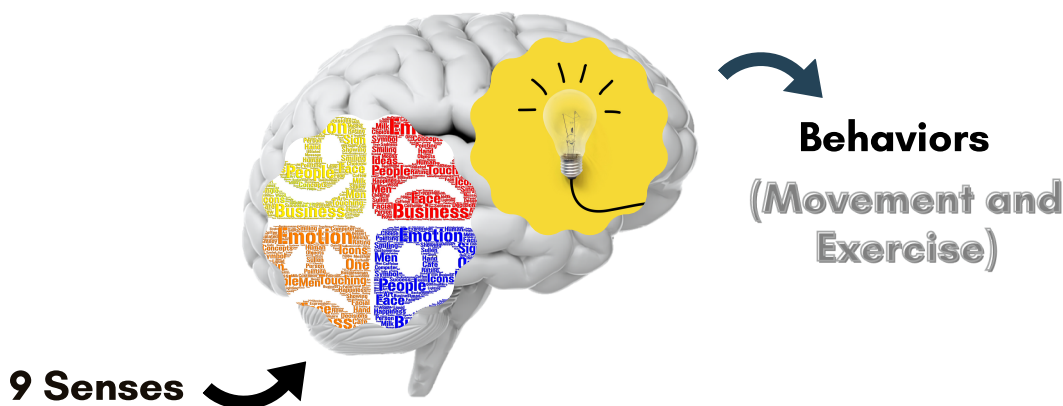
THE KNOWING-DOING GAP

THE WANTING-DOING GAP



- Stress, emotional influences
- Obstacles with social pressure or constraints
- Temptation and procrastination
- Feeling unequipped, incapable, or embarrassed
- Lack of follow-through, discipline, motivation
- Lack of organization, preparation, thinking ahead
- Difficulty changing, creating new habits
- Finding excuses, rationalizing poor choices
- Other _____

What we do or don't do is a reflection of what happens in our mind.





9 SENSES

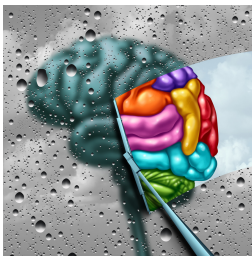
5 external and 4 internal

- Vision (sight)
- Audition (hearing)
- Tactician (touch)
- Olfaction (smell)
- Gustation (taste)

- Interoception (internal sensations)
- Enteric nervous system (neural system-gut)
- Equilibrioception (vestibular)
- Proprioception (kinesthetic)

You are the only one that experiences inputs the way you do!

EMOTIONAL MIND:



PERCEIVED THREATS:

- Fear and anxiety behaviors
- Reward-seeking
- Discomfort/effort avoidance

- ISSUES:
- Sensitive to surprising, ambiguous, or uncertain situations
 - Survival mode hijacks rational cognition
 - Can enlarge due to increased stress; more stress sensitive
 - Short-term focused, feel good now, instant gratification

PERCEIVED THREATS:

- | | | |
|---------------------|-------------------------------------|-----------------------------|
| Lack of sleep/tired | Not enough (Time, Money, Resources) | Jealousy/envy |
| Hunger | Negative facial expressions | Negativity |
| Pain/discomfort | Unresolved past/traumas | Loss/lack of control |
| Fear of job loss | Overwhelmed/excess demand | Excessive change |
| Feeling blamed | Worry/fear | Uncertainty/lack of clarity |
| Loneliness | Feeling left out | Lacking direction/purpose |
| Poor self-esteem | Hopelessness | Suspicion/mistrust |
| Anger/frustration | Shame/embarrassment | Regret/guilt |

RATIONAL MIND

FUNCTIONS:



- Insight
- Reasoning
- Emotional Regulation
- Response Choice
- Intuition
- Morality
- Working Memory
- Self-Control
- Self-Regulation
- Willpower
- Planning/Preparation

RATIONAL MIND EXPLANATIONS AND EXCUSES



Rationalize/justify



Choose new information/bias



Distort/deny



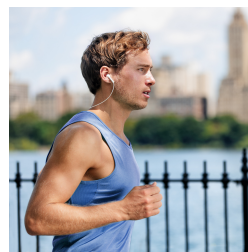
Avoid



Minimize

Strategies to Train the Brain and Create a Mindset of Movement!

Sleep Recommendations



ENVIRONMENTAL

- Darkness
- White noise
- Earplugs
- No electronic devices
- Bright lights in the morning
- Go outside during the day

EMOTIONAL

- Decrease stress
- Gratitude
- Behavioral therapy
- Relaxing music
- Mindfulness or meditation
- Relaxation apps

PHYSICAL

- Exercise in the day
- Breathing exercises in bed
- No large meals at night
- No heavy foods at night
- Lose weight
- Healthy gut bacteria
- No caffeine in the 8 hrs before
- No alcohol in the 4 hrs before

SLEEP HYGIENE

- Create bedtime schedule
- Bedtime routines
- Do not "sleep in" on weekends
- Wake up within 1 hr of normal
- Use your bed for sleeping only
- Don't stay in bed awake

NUTRITION BEST PRACTICES



- Balance/Variety
- Eat to prevent extreme hunger
- Just enough to satisfy
- High nutrient density
- Mindful eating
- Moderation

CALMING THE EMOTIONAL MIND



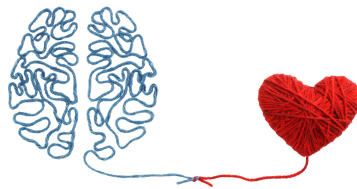
4:7:8 breathing (Inhale, Hold, Exhale)



Dance in the **RAIN**
 Recognize
 Allow
 Investigate
 Need

MINDFULNESS

The practice of being aware in the moment. Thoughts, emotions, body sensations, environment.
 Non-judgmental, accepting awareness.



Increases

Awareness
 Self-insight
 Thought regulation
 Self-regulation
 Self-control

Decreases

Stress, anxiety
 Negativity
 Distractions
 Overreactions

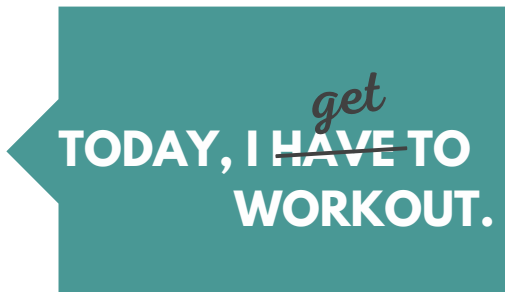
- Use Mindfulness Apps to get started
 - Headspace, Calm, Buddhify, Tide, Insight Timer
- Select specific moments/activities of your day and practice
- Practice when you first wake up or just before bed
- Practice in short bursts, multiple times per day
- Create a cue or prompt to remind you to be mindful
- Remember that practice makes permanent!

CHALLENGE YOUR MINDSET

- Is it aligned with your purpose?
- Is it taking you where you want to go?
- Is it constructive and helpful?



What is your exercise mindset? What would motivate you to exercise?



- Health, weight, wellness, aging
- Performance, appearance
- Functional, application to real world activity
- Convenience, enjoyment, fun
- Competition, races, events
- Skill, coordination, balance requirements
- Least invasive (sweat, hair, clothing)
- Culture, being part of a group
- Injury prevention or treatment
- Expense, price



- Combine movement and exercise with already existing habits
- Put a picture of who/what matters to you in front of you while you exercise
- Make a movement pact with someone so you can hold each other accountable
- Find ways to incorporate movement into family and other social activities
- Download apps that will help you stick with your plan

INNER VOICE



Overly
critical

Overly
supportive

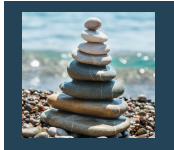


THE 2 R'S: RESET, REPLENISH



LOW-EFFORT ACTIVITIES

Watch tv, listen to music, read



RELAXATION ACTIVITIES

Meditation, yoga, being in nature, breathing, daydreaming



PHYSICAL ACTIVITIES

Sports, exercise, healthy eating, short nap, drinking water



FUN/ADVENTURE

Humor, laughter, child-like play, games, curiosity



SOCIAL RECOVERY

Interacting with people you like, connecting with loved ones, being with pets



CREATIVE ACTIVITIES

Hobbies, art, music, crafts, collecting, innovating



SERVICE TO OTHERS

Volunteering, acts of kindness, giving to others



Questions to help you discover your purpose:

- What/who matters most in your life?
- What impact do you want to have?
- What are the most important guiding principles or values in your life?
- How do you define success?
- What inspires you? What are you passionate about?
- **How could movement and exercise help me with my purpose?

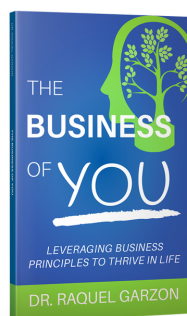
Questions to help you live your purpose each day:

- What can I do today that will demonstrate my purpose?
- How can I use my purpose to guide my behaviors and choices today?
- **How can my purpose help me to move and exercise today?

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project

