

FATIGUE



&

NLP



Fatigue & NLP

Let's talk about fatigue. We all suffer from tiredness sometimes. We all know the simple, common things that we should do like, go to bed early, drink plenty of water, and go outside and get fresh air.

Do activities like exercise that make us emotionally, physically and mentally tired.

There are a few other things you can do that maybe you have not come across.

I would like to share these with you.



Tiredness often comes from boredom and boredom comes from not doing enough or doing things that you just don't enjoy.

Often we find ourselves (particularly at work) doing things that we have to do rather than the things we want to do.

I would like to share the idea of laughter with you. If you can laugh it releases endorphins and feel good hormones into your system and it can really lift your spirits.

When your attitude is changed the tiredness lifts. I know that might sound like a theory but I would actually like to challenge you to try it.



So when you start to laugh others laugh with you. The other thing that works really well is fast breathing.

We all know about breathing slowly to calm down, relax and to help ourselves settle.

When you're tired and so settled that you don't want to move, the opposite can be true.

I'd love for you to give this a go.

Stand-up. As soon as we get the body moving the physiology has a positive impact on the mind.

The mind controls when we feel bored and tired.



So stand up, and put your hands on your diaphragm at the bottom of your rib cage.

Start to breathe faster and faster.

This is going to sound silly and probably look even sillier, but it's a great thing to do. So breathe in and out really fast. (Like you are panting).

You'll find that the blood starts to pump, and you start to get more oxygen in, the whole body starts to speed up and before you know it you actually feel more energetic.

While you're standing and doing that, if you could also move your body, that helps too.



The other thing is; ask yourself, am I really exhausted? Am I just imagining it or do I feel exhausted?

Question yourself well. Ask, if I am really exhausted is it because I've been staying up until midnight? Is it because I carried heavy boxes all day yesterday? Is it because I've had a lot of stress at work?

The answer might be, I'm not exhausted I'm bored, so it is your attitude that needs to change.

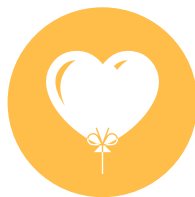
That attitude can conjure up different things within you.



No one deliberately wants to be down, or tired or fed up but controlling your attitude can be really hard. So try the breathing and try the laughing.

One other tip, is to have a few affirmations that you repeat to yourself, every day.

So instead of saying "I am tired," (when you say that, the subconscious mind says I'm tired, let's find more tired and so we become even more tired), say, "I am alert," then the unconscious mind looks for more alert and helps you to feel brighter and happier.



It's not being untruthful or dishonest with yourself. It's actually using these external influences to encourage the mind to awaken.

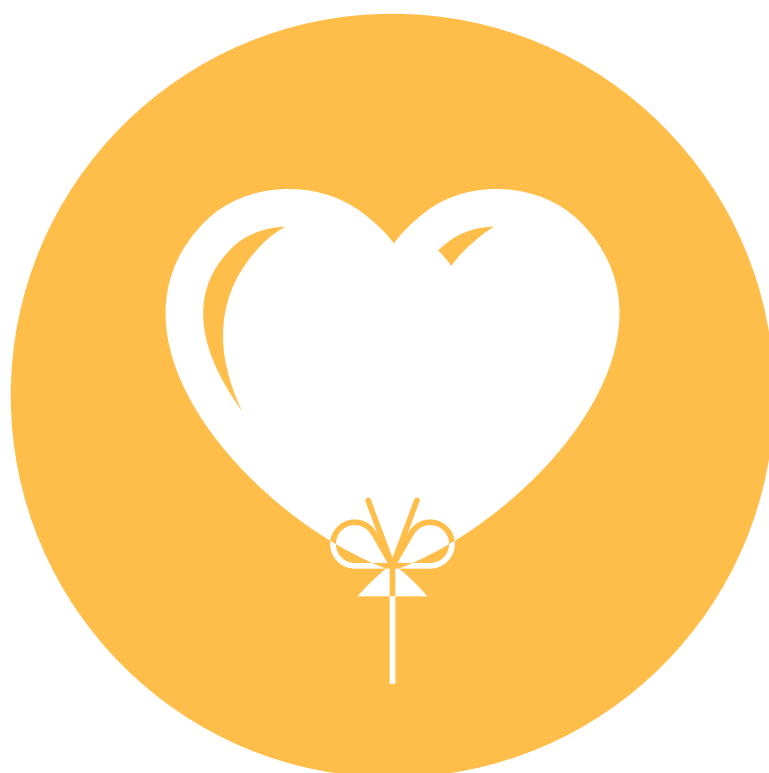
Whether you believe that works or not, it does not matter because science has shown us that it does work.

It has shown that we can train the brain and if you tell your mind that you're happy it will take that on board and it will find more happiness.

So I ask you to try to these techniques and see how they work for you.



I hope that you find these techniques helpful and that you're less fatigued.



This Ebook is a collaboration between Anne McKeown, Master Coach at 2mpower.co & Global Healing Exchange

