



Healthy Ways - Mind

P.A. Bloom

COLOR FLOW INK, LLC 153 E. Wagner St. #1315, Talent, OR 97540



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A Quick Reference Guide for Maintaining a Healthy Mindset

by P. A. Bloom



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Talent, OR 97540-1315

(541) 603-3958

www.color-flow.com

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Introduction - Healthy Ways

This publication is to promote good health.

We encourage you to draw your own conclusions.

This is not intended to replace professional care.

Habits



Habits, Lifestyle and Addictions

Bad Habit? Addicted? Measure It.

Do you have a bad habit that you want to be rid of?

Maybe it is an addiction.

To help you stop, measure it.

Where are you now?

Get baseline numbers.

Be brutally honest with yourself.

What is out of control?

Frequency

Quantity

Cost

Options:

Use a calendar to check your progress.

Use Quicken to track the cost.

Use a journal.

Write it down.

Track it on an electronic device.

Habits - I Love It!

If you absolutely "LOVE IT!"

Then you may be ADDICTED to "it".

"It" could be:

- TV, TV shows, the computer, the internet,
- Facebook, Twitter, games,
- shopping, work,
- certain foods, soft drinks, chocolate, ice cream, desserts,
- alcoholic drinks, bread, cheese,
- clothes, shoes,
- him, her ...

"It" may be:

more than a bad habit.

If you are unable to STOP

doing "It" by yourself.

Habits, Food as a Reward

***If candy is a reward,
the message that is given
encourages obesity and diabetes.***

Bags of Halloween candy are so accessible and tempting the whole month of October.

Who are you really buying the candy for, yourself, and then the children?

Holidays are a time of indulgence and weight gain,
that most people typically regret later on.

Novelty toys are alternative treats for these holidays and special occasions:

Halloween, Christmas, Valentines Day, and Easter.

These are also great for parties for children.

If you do not buy any Halloween candy at all,
and opt for novelty toys, that will greatly help with your temptations.

You may feel a little disappointed for a short while.

That is better than long term regret.

How to Start a Good Habit



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Resolutions

Mind

New Year's Resolutions

A resolution is a goal, which is the finish line.

The finish line is the end of the year.

It may take until the end of year
to accomplish a resolution.

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How to Succeed at New Years Resolutions:

A resolution is a goal.

With that in mind,

take steps to reach your goal.

It may take to the end of the year

to fully implement this year's resolutions.

The Goal Is the End of the Year.

First, gather information.

Let it settle in your mind.

Sort between that which is feasible,

desirable, wanted, needed

and what is too time consuming

and too difficult to achieve realistically.

Reject that which will not fit into your life.

Action, Strategy, Goal

1. Action includes thinking, focus, losing focus and coming back to it over and over again.
2. Strategy includes the logical steps, the creativity and the research.
3. The goal is at the finish line, which is the end of the year for a New Year's Resolution.

Success Is a Numbers Game - Brian Tracy

If you have a to-do list of 10 items
and accomplish 2 of those items,
you feel you have failed.

If you have a to-do list of 2 items
and accomplish those 2 items,
you feel you have succeeded.

Pick just several goals. Work on them one at a time.

Will Power v.s. Life Style Changes

Will power may last 21 days or 6 weeks.

The goal most likely will be abandoned after 2 months.

Life style changes evolve much slower
and have a lasting effect.

The Spiral Effect

If you keep doing the same thing,
you'll keep getting the same results.

You'll end up going in circles.

If you slightly alter something towards a desirable outcome,
that will gain momentum over the weeks to your advantage.

Then, you'll begin to spiral towards your goal,
naturally and effortlessly.

Thoughts



Self Talk

Mind

***You've done
all that
you need to do.***

Honor that.

Self Talk

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About productivity - working hard all morning into the early afternoon.

Pause, rest. Tell yourself that is enough. That is good enough.

Relax. Reduce stress. Be kind to yourself.

Use kind words with internal dialogue.

Cravings Melt Away in Half an Hour

Cravings last for half an hour.

Resist the temptation to indulge in sugar products.

Think instead about red fruit.

We need simple carbohydrates to function.

In the hospital, you can get an IV.

At home or on the road

you can eat juicy fruits

drink fruit juice or vegetable juice.

Consider these to be like blood transfusions, with the added benefit of nutrition.

Options: *(Think red)*

- apples
- strawberries
- plums
- watermelon
- cranberry juice
- tomato juice
- V8 juice

Limit or avoid products with sugar.

Most of us seem to be addicted to sugar.

Deciding

When making a decision, say to yourself:

"I want _____."

Pause.

"Better yet _____."

Pause.

"Even better _____."

Make wiser and healthier choices. Forego convenience.

Do what is best for your mind, body and spirit.

Intolerance

Thinking intolerant thoughts breeds disease.

Intolerance inside a person's heart

can manifest into control issues

in a marriage.

If the control issues are not corrected,

over time, disease will manifest

in one of the partners.

The controlling one, the one with hatred in their heart,

may escape the disease.

The controlled one may manifest the disease.

What one suppresses, the other expresses.

Strong controlling behavior over one's spouse

can result in their nervous system malfunction

and lead to breakdown.

Pit Falls

That's the pits. Pit falls.

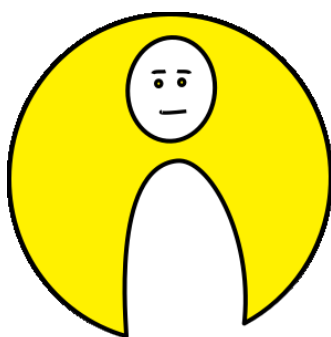
- Falling
- Into the past
- Depression
- Watching that old movie again
- Paralyzing
- Post Traumatic Stress syndrome

The body cannot function.

Don't go there!

- Switch
- Change direction ASAP
- At the earliest convenience, make a U-turn
- Change focus

Emotions and Moods



Emotions, The Source Is You

The SOURCE of your emotions is only from one person.

The SOURCE Is YOU.

You choose how you feel at each moment.

You create the feeling
within yourself.

Only one person creates love, anger and depression
and it is you.

It is your choice.

Feel and do your emotions.

Acknowledge them.

Trash false beliefs.

Other people's opinions are not your truth.

**Move yourself out of negative emotions and into positive
feelings by visualizing the following:**

DISCOMFORT fog	to	LOVE & WARMTH blue sky & warm sun
FEAR dark cave	to	GRATITUDE, FAITH I see my way out flashlight
HURT pause	to	CURIOSITY put yourself in their shoes
ANGER volcano	to	EXCITEMENT & PASSION lava flow, making fertile land
FRUSTRATION fenced in	to	DETERMINATION energize, create a gate
DISAPPOINTMENT made of glass	to	FLEXIBILITY made of plastic If plan A fails, do plan B
GUILT self punishment	to	CONFIDENCE onward with dignity
INADEQUACY hurdles too high	to	CHEERFULNESS go around, prepare master it another day
OVERWHELM avalanche!	to	VITALITY snow cat scooping just a portion today
LONELINESS turtle	to	CONTRIBUTION stick your neck out, move

Ice / water / vapor

It's science

Change your state.
Change your state of mind.
Change your current emotion.
Change your temperature.
Change your pressure.
Keep your cool.
Be still.
Solid as ice.
Warm up.
Mingle in a sea of people.
Heat up with passion, rise up, vaporize and get distant.

Hoping vs. Expecting

When you hope, you visualize 2 outcomes.
It might happen, It might not.
The pictures are dim, passive.

When you expect, you visualize 1 outcome.
It is clear.
Tell yourself it is going to happen.
You are confident,
you have power
and you are ready.

Change "I hope this happens"
To
"This Is going to happen"
or
"I WANT this to happen"

We have 4 ways we deal with emotions:

1. Avoid
2. Endure or Deny
3. Compete
4. Get Solutions, learn from them and use them

Emotions Are Like Two Year Olds

Value Your Emotions

Emotions are like 2-year olds.

Don't let emotions drive you.

Put emotions in the back, in their safety seats.

Otherwise, you will end up in a ditch.

Emotions Follow Thoughts

Be accountable for distorted thinking.

Have healthy balanced thinking.

When you think clearly, your emotions will match your thoughts.

Live by Good Principles

Think well of others. Be kind.

Speak well of others. Build them up.

Don't gossip. Don't slander. Don't bully.

Be patient with people's quirks.

Forgiveness Works Wonders for You!

Moods Go Up and Down Like an Elevator

Elevate

Trains of thought run horizontally.

Emotions of mood are stories that run vertically.

Moods go up and down,

like a building with an elevator.

Elevate your mood.

Go to another story.

Fourth Story	Music, Church
Third Story	Families
Second Story	Friends
First Story	Work Place
Lobby	Random People
Basement	Enemies

If you are upset about an issue
with someone or a group of people,
then use the elevator.

(Relocate your focus to change your mood.)

Go to another story. Go vertical.

Go upward to be uplifted.

Go downward for grounding and balancing.

Your mood can change instantly.

Choose the Right

LEFT	RIGHT
Anger, sadness	Happiness, joy, serenity
Offended, attacking, aggressive	Protecting, calm, assertive
Denial, liar	Accepting, more and more honesty
Blame, bitterness, hatred	Conviction, apologize, forgiveness
Overwork, abuse, intensity, meanness	That's enough, kindness, patience
Apathy, neglect, not caring	Careful, maintain, compassion
Dislike, judging, fear	Like some aspect, discernment, loving
Cowardly, spectator, passive	Courageous, action, follow through
Selfish, feeling inferior, isolation	Self care, TLC, goodwill
Proud, egocentric, it's all about me	Humble, caring, sharing

Depression

Define DEPRESSION: Depression is ANGER turned inwards, like quicksand.

Herbs that heal: pepper and cayenne pepper help with depression.

The hotness of the cayenne warms the body and improves your circulation.

It speeds up your metabolism and plumps your lips.

However, do not depend on just an herb or spice to help kick depression.

Here's a few more options that you can use:

Do inner work: Deal with anger, prayer, therapy, sports, writing and take medicine.

Transcend from private & personally offended to being public & generic.

Put a positive spin on depression, act upon it and be passionate about a cause.

Give a gift. Clean house. Invite people to your home. Throw a party.

Get sunshine: go outside, water the yard, pull weeds.

Go to the mailbox and beyond, take out the garbage, walk the dog.

Walk with God, recreation, sports, enjoy life.

Colors & flowers: Yellow umbrella and yellow daffodils for rainy winters

Colors & clothing: wear a bright color on a gray day.

Notice and re-direct negative trains of thought, disempowering beliefs & negative emotions.

Get outside of yourself, help someone, martial arts.

Listen to healing music. Forgive yourself and others.

Smile, even though your heart is breaking.

Smile, greet strangers kindly. Laugh and watch comedy movies.

Imagination



Imagination Creates Visions While Asleep

Tune into your dreams.

Be careful of what you feed your spirit.

Feed yourself well.

What you FOCUS on during daytime is what you DREAM about during sleep.

Dreams come from your inner being, the subconscious.

Dreams are VISIONS.

You CREATE your own inner PEACE, ANXIETY, LOVE, FEAR, HAPPINESS or ANGER by who you focus on, what news you prefer, who you associate with, what events you participate in, what type of work you do, what types of movies, TV shows, books and music that you subject your subconscious mind to.

The seeds planted take ROOT. (External stimuli to the brain)

The subconscious mind CREATES. The ideas SPROUT.

The written word GROWS and ENDURES.

If you are traumatized, that affects your IMAGINATION.

The imagination becomes very active and goes wild.

It goes crazy, working hard, to resolve and heal wounds.

If stimulated with HEALING MUSIC,
the subconscious and the imagination
can heal the mind, body and spirit.

Dreams Are Like Filing

Dreams are about yesterday:

Dreams involve who and what you

- experience
- have relationships with
- see on TV
- do on the computer
- spend hours on smart phones

These imprints will be consolidated, filed and sorted in the mind.

Associations will be formed and put into memory.

Identity

HELLO
My Name Is

A red name tag with rounded corners. The top portion is a solid red bar containing the text "HELLO" in large, white, serif capital letters, and "My Name Is" in a smaller, white, serif font below it. The bottom portion of the tag is white with rounded corners, providing a space for writing a name.

Equations of the Mind

MATH

$$3 = 1 + 2$$

Three equals one plus two.

That is an equation.

WORDS

I am _____

Right now, not forever

I = blue

I feel blue.

I = blue + wearing black

That is an equation.

I am blue, and wearing black.

I am black and blue.

CHANGE

What if I change?

from black clothes, to red clothes.

Then,

I = red + blue

I = red + blue = purple.

I am blue, and wearing red.

Now I feel purple.

I no longer feel blue.

STATE OF MIND

How long does it take you to change?

5 minutes, 3 days, 6 months, 5 years?

Or do you feel that you must stay fixed to what someone had labeled you?

We are dynamic. We are not objects.

I AM

I am... blue, depressed, sad...happy, smiling...beautiful, ugly...normal, creative...
for just right now.

Focus

Be In the Now

If you are rushing about:

Slow down.

Breathe.

Take a few deep breaths.

Say to yourself:

This moment is just as important

as the next moment.

Be kind to yourself.

God-speed and de-stress.

Polarization

***"If one goes to the extreme in one direction,
they usually become the opposite."***

Self Improvement

- Fashion
- Beauty
- Mind
- Home

Plain to Beautiful to Vain to Ugly
Inadequate to Ambitious to Overdone to Hoarder

Virtues	Vices
Humility	Pride, Conceited, Superiority
Mercy	Greed
Chastity	Lust
Patience	Anger
Self-Control	Abuse of food or drink
Kindness	Envy, Jealousy, Revenge
Courage	Apathy

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