

Technique #2: Learn To Use Your "RESET BUTTON"

Didn't know you had one? You do, and it works very well!
Here's the "secret" to accessing your RESET button:

**TAKE A DEEP
CLEANSING
BREATH**

- ➔ Close your eyes, take a slow, deep breath
- ➔ Exhale slowly and completely
- ➔ After exhaling, notice what is in your mind.

Most likely, you will be aware that your mind is completely blank. Maybe only for a second, and that is still enough time for you to **"RESET"** your cognitive response sequence.

The next time you find yourself worrying or thinking intently about any issue, **STOP!** You can use your **RESET BUTTON**. Once your mind is cleared, you can choose to take back control over your thinking, and thus your feelings and behavior. Next:

- Dispute your irrational, worry-full thought(s), and correct if necessary. (Use **facts** NOT assumptions or predictions.)
- Gently recall that life happens, and often it isn't fair.
- Also remember that you are capable of coping with events. (Haven't you been somehow managing up to this point?)

What you are concerning yourself about may, or may not happen. It may be an absolute pain to deal with. It might also end up better than you thought or imagined.

- ☑ If you need to make a plan to handle things, do so and follow through.
- ☑ Reach out for help if you need it.
- ☑ Use your mental energy to take action, instead of worry. (Deciding to do nothing is still doing something.)