

What To Do to Stay S.A.N.E In These Changing Times?

By Dr. Cindy Brown, "The Business & Relationship Strategist."

We are living in a time of great change and uncertainty with the media and everyone around us sharing their fears and negative predictions.

How do you stay positive and unaffected by this forecast of doom and gloom? How do you not get pulled into the collective unconscious and have it affect your energy and ultimately your business?

Here are some simple strategies you can apply right now to help you minimize your exposure to the negativity, thus allowing you to continue to create positivity and success to surround you and your business and relationships.

Satisfy your basic needs: Make sure you know and fulfill your basic needs during this time. Make sure you sleep well, eat healthy and regularly small meals, exercise to process and release thoughts, emotions and stress. Make sure you get a balance of personal and social with work and/or family time. Make sure you get enough socialization, touch, affection and sex as well to help release stress. If you don't know what your basic needs are and need a coach to help you please contact me for a coaching session.

Appreciate and notice what you have and give gratitude daily. One great way that helps replace negative energy with positive is to recite what you are grateful for each day out-loud. Like energy attracts like energy! My good friend Deb and I actually email them to each other each day. Oprah recommends creating a Gratitude journal where you write them down and recite them each day.

Say NO to Negativity!!! Be careful not to watch too much T.V. especially shows or the news that tells you all the bad news, or even read the paper. Stay away from people who feel they are a victim of life's circumstances and they don't know what to do to get out of their situation of fear and stress. Make sure you follow the strategies mentioned here if you are exposed to this kind of negativity. Listen to motivational CDs to improve your mood or Hire a live coach like me to pump you up on a weekly basis.

Expect good in your life and greatness from yourself ALWAYS, regardless of

your circumstances around you or in the world presently. Read or listen to positive articles or self-help material on a daily basis to program your mind for feeling Great and receiving good. Recite positive passages throughout the day to keep your energy in the positive range, rather than the negative one.

These are just a few of the simple strategies you can implement right now in order to turn your life away from stress and negativity and onto a positive vibe of success without stress. You can be SANE during these changing times. I practice it everyday, you now can too! Enjoy Life, that's what it is there for us to do!

Remember: In order to be the person you have never been, In order to have the **Life and Relationships you have never had, You must do what you have never done before: **Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!****

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