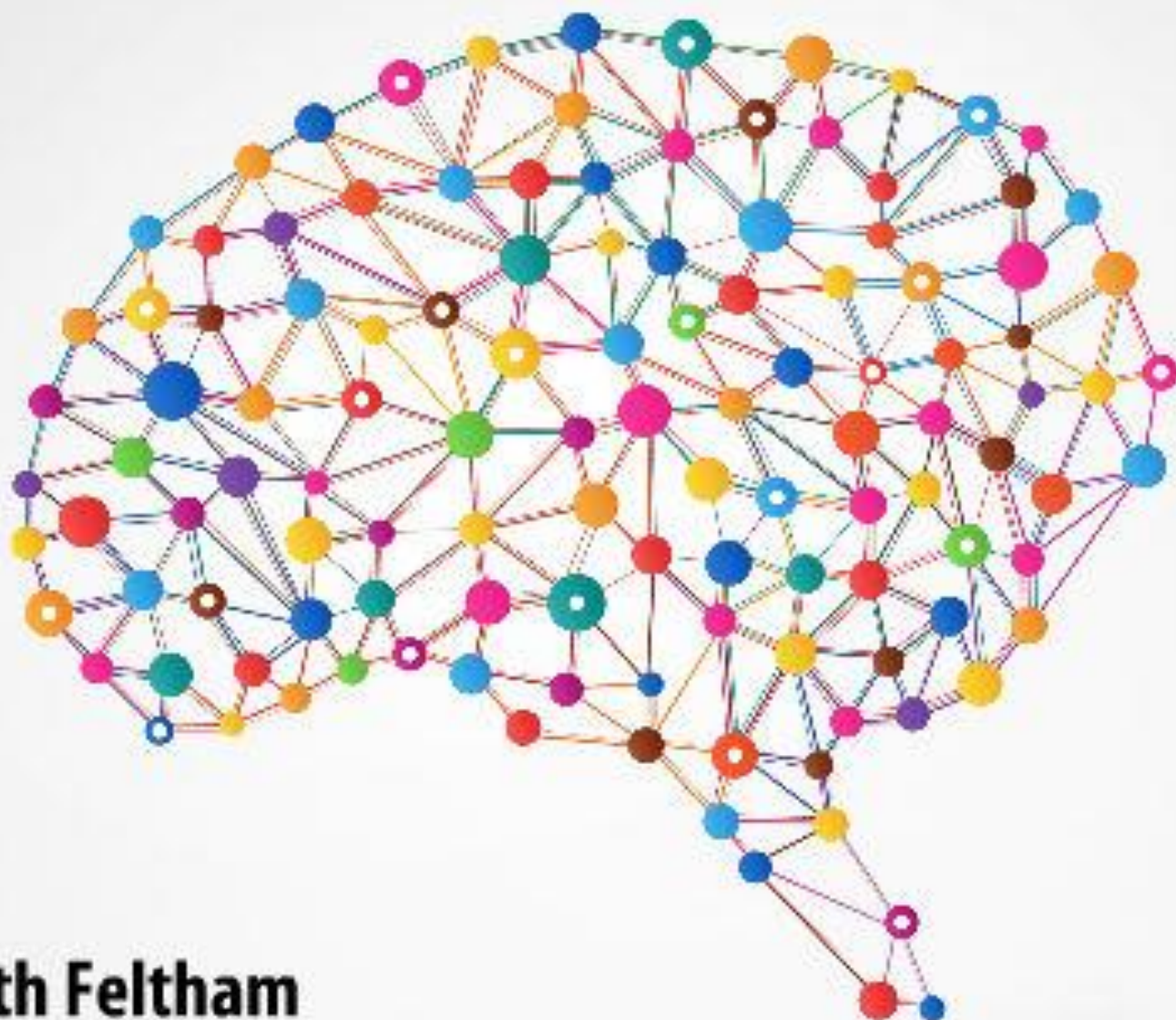


Recharge don't **Room-in**ate

**THE 5 MODES FOR DEVELOPING A
RECHARGE MINDSET**



Ruth Feltham

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Your life is like a house..

“When you are born, your parents bring you into the house. As you progress with your life you go down the hall into different rooms. The first day you start school, your first boyfriend, when you get engaged, when you get married, the birth of your first child, etc.

You can go back down the hall anytime you want to, enter any room and enjoy the memories, some rooms will make you cry some will make you laugh.

However, before you go to bed, close the door of the room you are visiting, and go back down the hall to the room you are in now, if you don't you will not be able to move forward with your life.”

Told to me on the 12th December 1963 by my adopted Granny Emily May Nicholson as I was getting on the 'Fairsky' being sent to Australia as a child migrant by the British Government.

She explained to me that I would find out about my horrendous childhood one day and she wanted me to be strong and move on with my life.

Thankfully, because of this I have moved on with my life.

Sandra Guthrie

Recharge don't Room-inat

Practice closing the door to unhealthy situations, individuals or events (rooms) as rumination leads to the production of cortisol and adrenaline and these over the long-term lead to health conditions such as depression and anxiety. Pivot to the RECHARGE Mindset which induces the natural release of feel good neurotransmitters. Recharge, don't Ruminat!

Your 5 Modes for developing a 'RECHARGE' Mindset include;

1. Movement
2. Mantras.
3. Music.
4. Meditation
5. Meals

1 Movement

Movement moves the emotion!

In October of 2000 researchers from Duke University made the New York times with a study showing that exercise is better than Sertraline (Zoloft-antidepressant) at treating depression.

(John J Ratey, "Spark, how exercise will improve the performance of your brain".)

When you exercise your body releases beneficial chemicals such as Endorphins, serotonin and dopamine, it's important to release these chemicals naturally rather than relying on synthetic substances (medications). Medications come with unpleasant side effects.

RECHARGE with the 'ACTION' Psych Circuit!



2. Mantra's

You affect your subconscious mind by verbal repetition!

Repetition at the conscious level eventually becomes automatic at the subconscious level, otherwise known as our 'internal hard drive'. This is where we need to program new patterns of thought and behaviour. Our thoughts have a physiological (physical) response in the body, chemicals are released even when we think about certain places, people, experiences, it's important to program healthy patterns of thought and self-talk in order to release and manage those chemicals within our bodies especially during stressful situations.

RECHARGE with 'tapping' to the Mantra 'I love knowing wellbeing abounds'



3. Music

Move your Mood with Music!

Music is the quickest way to change your physiology. When pleasurable music is heard, Dopamine is released in the Striatum- an ancient part of the brain found in other vertebrates as well- which is known to respond to naturally rewarding stimuli like food and pleasurable activities.

RECHARGE with Seal's 'Vision' soundtrack



4. Meditation

Meditation facilitates emotion regulation

GABA, or gamma aminobutyric acid, is one of the major inhibitory neurotransmitters in your central nervous system (CNS). The primary functions of GABA are reducing excessive brain activity, stabilising moods and regulating muscle tone. GABA is the body's natural Valium, lulling the neurons into calm. Meditation and the resulting GABA production bring the brain back to a calm, balanced and relaxed state of wellbeing.

RECHARGE with the meditation track 'I make positive, healthy choices'



5. Meals

Good Food equals a Good Mood!

Important Neurotransmitters like Dopamine and serotonin are synthesised from compounds within our foods, so the key with our nutrition is to ensure we consume these particular foods in order to Feel Good and stay healthy. An example is Tyrosine which is used in the synthesis of Norepinephrine, Dopamine and Epinephrine. Foods that contain Tyrosine include; Parmesan Cheese, Roasted soybeans, lean beef and lamb, Salmon, Chicken Breast and Turkey.

RECHARGE with Monday's Meal Plan

MONDAY MEALS	
TIME	MEAL
Breakfast	<input type="checkbox"/> Oats with honey/strawberries OR <input type="checkbox"/> Multigrain toast with Avocado/salt & Pepper <input type="checkbox"/> 500ml Water (Dash apple cider Vinegar or Lemon) <input type="checkbox"/> Coffee (Just one per day and substitute sugar for dash of honey)
Snack	<input type="checkbox"/> Greek yoghurt with 1 tsp jam OR <input type="checkbox"/> Mozzarella Cheese sticks with handful Almonds <input type="checkbox"/> 500ml Water
Lunch	<input type="checkbox"/> Pre-packaged Salad (Rainbow salad) and tin Tuna or Salmon <input type="checkbox"/> Balsamic to dress <input type="checkbox"/> 500ml Water/Green Tea/Peppermint Tea
Mid Afternoon Snack	<input type="checkbox"/> 500ml Water <input type="checkbox"/> Banana with handful almonds
Dinner	<input type="checkbox"/> Baked Salmon (option is Turkey Breast or Vegetarian options) <input type="checkbox"/> Baked sweet potatoes/carrots/Beans <input type="checkbox"/> Greek yoghurt/honey (if craving sweet)

Remember..... 'Recharge don't Rumin-ate!'

RECHARGE NOW!

with the 12 week
Recharge Mindset Management Program
PLUS EXTRA's!

Head to

www.youphoriacoaching.com.au



Your Greatest
Wealth is Health