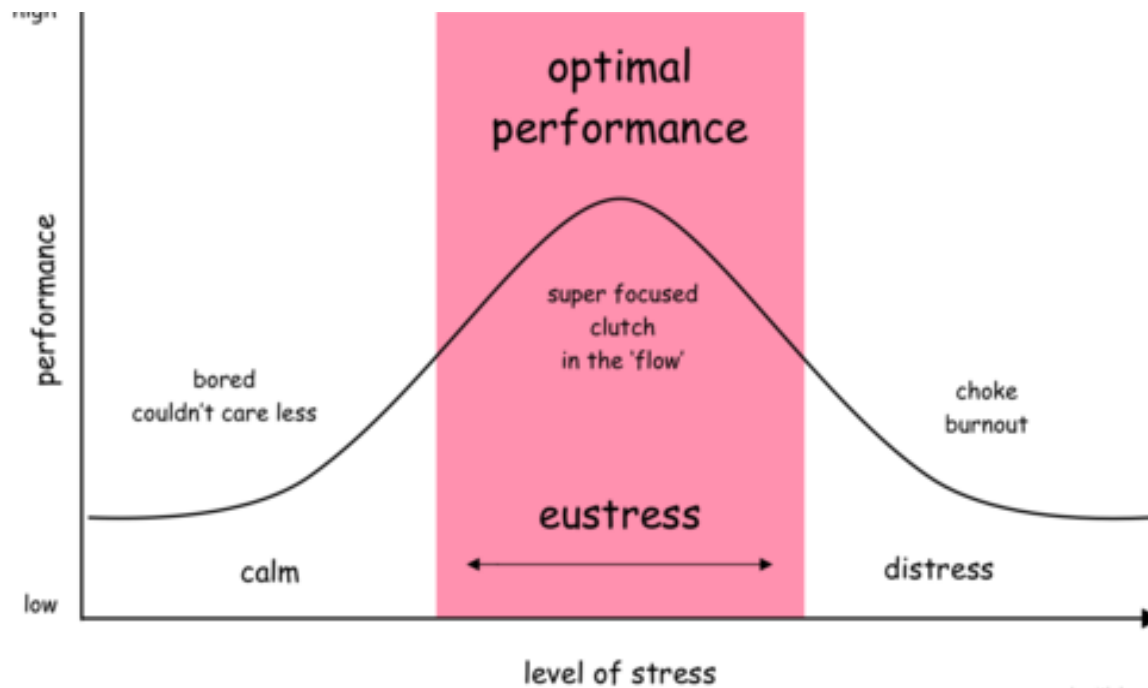


Yerkes-Dodson Law of Performance



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IT'S YOUR TIME TO SHINE

7 Tips For Creating a Positive Mindset

1. Start the day making a list of 10 things you are grateful for and why.
2. End the day by thinking about all the positive things you experienced throughout the day.
3. Focus on something in the future you can look forward to.
4. Keep your physical surroundings organized.
5. Prioritize your day and avoid overcommitting yourself.
6. Find a hobby or project you enjoy and schedule time to do it.
7. Spend time with your Pets – it increases the level of Oxytocin – The Love Hormone!

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IT'S YOUR TIME TO SHINE

Cognitive-Behavioral Technique (CBT) for Challenging & Managing Fears

1. Acknowledge: Your feelings are real – don't deny them.
2. Think: "What is the basis of my fear? What is it trying to tell me?"
3. Ask: "While my fear is possible, how probable is it?"
4. Challenge: Collect legitimate and reliable information surrounding your fear.
5. Focus: On the things you CAN control, not on what you can't control.
6. Plan: Create action plans to implement now or in the future.
7. Manage: Your thoughts to manage your emotions by:
 - Distraction – read, watch TV, listen to music
 - Avoiding social media and limiting time on news sites.

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