

Worksheet

EP 9: Balance- Play Hard

In this episode we look at bringing a 'right brain' balance into our daily lives. From a scientific stand point, we learn that doing visual, hands-on, creative and fun activities we quiet our automatic, overly critical and analytical left brain which leaves a space for more innovation, happiness, and productivity. In this worksheet I offer suggestions on how to do that. The resource section has supporting research and stress relief techniques.

Look at 3 'Right Brain' Activities you could start implementing into your daily life. This could include cooking, gardening, exercise, or art-making activities.

- 1 _____
- 2 _____
- 3 _____


One 'Right Brain' mindset is to REFRAME. Part of leading a balanced life and reducing stress is to train your brain to look at situations from what I call an 'artistic' or creative standpoint. Answer the following questions:

What are three things you are proud of in your life?

- 1 _____
- 2 _____
- 3 _____

What are three things you are grateful for?

- 1 _____
- 2 _____
- 3 _____



Perhaps you are currently dealing with a breakdown or a challenge in your life. You haven't gotten a result that you want or life just threw you some lemons. We make lemonade with those lemons by asking questions that reframe the situation into an OPPORTUNITY.


Answer the following questions around an area that isn't working right now:

- 1) How can I view this as a gift or lesson instead of a negative weight?**
- 2) What does this make available that wasn't there before?**
- 3) Where can I find enjoyment?**

You will most likely notice it may be difficult to come up with answers and this is where we are practicing a way of thinking we aren't used to. It takes looking outside of ourselves and the situation. I recommend asking other people these questions if you are struggling to answer them on your own.

Another way to create balance is to look at how to bring GAMES and PLAY to otherwise mundane or difficult tasks. Remember, the right brain is all about bringing fun and a new perspective. Look at an area that currently occurs as 'work' or boring. Next look at how you can make it into a game. What could you bring that would have it be fun? Here are some tips:

- 1.** Create an engaging competition. Make teams and come up with goals and prizes. This works well for family chores or office projects.
- 2.** Change the scenery. Instead of doing work at the office, take the team out to the park for a meeting. Go to the beach to do paperwork.
- 3.** Reward yourself. Set a goal with a 'prize' you are excited to win. This could be a massage or a small trip.



We also discuss the importance of STRESS RELIEF. Finding time for leisure and things you enjoy is an important factor. Also, the most powerful tool for stress relief today that is backed by science is a meditative practice and one I recommend in particular: the use of Mandalas. The resource section offers links to downloadable templates.

Finally, on those really rough days, when life is throwing you a whole lemon tree, look at doing just ONE THING.

ASK Yourself the following:

- What is one thing I can do that will give me a sense of accomplishment?
- What is one thing I can do to propel my life forward?
- What is something that would make me happy?

Do one thing that will make you feel good and take care of you. You can go back to your to-do list tomorrow!

RESOURCES

Here are some great articles that offer more information on how fun, meditation, and other 'right brain' methods increase happiness and productivity

<http://blog.bufferapp.com/10-surprising-facts-about-how-our-brain-works>

<http://themindunleashed.org/2013/10/10-easy-things-that-will-make-you.html>

<http://www.psychologytoday.com/articles/200910/capturing-creativity>

Here's a special video on happiness and art:

<https://www.youtube.com/watch?v=BN2rTaFUlxs>

Here is a link to downloadable and printable Mandala templates.

<http://www.mandala-4u.com/en/start.html>

Instructions:

1. Print out the mandala and gather colored pencils or thin markers
2. Put on some relaxing music or find a quiet area with no distractions
3. Color in the Mandala however you like, allowing your mind to be free of thoughts.