

THREE TIPS FOR NEGATIVE MENTAL STATES (STOO3)

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Caught in the grip of negative mental states again? Does your mind turn into a claustrophobic tunnel? Worry not! Dig in thrice with Sage Tips.



- Take a break and step back from that saturation. Zoom out and breathe.
- Work what can and needs to change. Don't worry about the impossible.

- Life is not a perfection performance for judges. Do the best you can.

We can't control the trouble life dishes out for us. We can change our stances and perspectives though. Shifts in your mental framing make a world of difference. Why spawn needless negativity – why consume your soul? Don't add to life's burdens with your dark inner habits.

*#BriefSnaps #Negativity #MentalStates #TakeABreak
#Reframing #DontWorry #YourShoes #YourLife #AnandaICU*

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Three tips to dealing with negative mental states. Our negative mental states stem from instincts, emotions, thought constructs, and our identity itself.

Often simply from emotions, from interactions that didn't go to our liking, but sometimes in diverse combinations. Say, economic troubles, stressing us both on our level of instincts – fear, security, shelter – and in our thought constructs, strategizing how to resolve this. It becomes claustrophobic and dark if you ruminate on it. Then onward to our little tips.

Take a Break for Broader Perspective

First. Take a break. You need to create a gap in that tunnel of awareness that you are caught up in. Catch a breath, open your chest. Step back just for a little moment. Allow room for yourself to see the big picture, the fullness of the situation beyond the fixations that are pushing and pulling you in the moment.

Change What You Can – Not What You Can't

Two. After your basic reset, reflect what can actually be done to make this better – if anything. Do we even need to make it better – or is it fine just as it is? Then for the things that you can make better, by all means do, if they seem worth the effort. And for that which cannot

be changed, then it is what it is right – and you need not burden yourself with the inevitable.

Do Your Best – Don't Perform Perfection

Three. Remember, this is life in all of its messiness, it's not a performance of perfection. You make the best with what you have, and it goes the way it goes. You evolve, grow in wisdom, and future will be more streamlined. Whoever then wants to have opinions, evaluate you against their own standards of perfection, let them – that's their problem, not yours.

They will not ever step into your shoes, live your life, and make the calls that only you can make. When you live sincere and true to yourself, making the best of the situations you are dealt with, what can be faulted? Then let the judges and the jury fume and brew in their chambers. We live our lives as best as we can, to our capacities.

In Summary – Three Tips for Negative Mental States

And there we have our three little tips for dealing with negative states of mind.

- First, take a breather, a little break to cut down the saturation and open up a bigger picture.
- Second, reflect and then work the things that can and need be changed, and what cannot, the impossible, then don't worry about it.
- Third, it's not a show, you don't live to perform perfection for a jury. Live true to yourself, make the best of what you have.

With this, the claustrophobic grip of negativity will loosen its hold. All of it will still be there, but it will not be consuming your soul.

 <https://ananda.icu/talks/sage-tips/st003-three-tips-for-negative-mental-states>