**Ways to change your Mindset**

Are you someone who sets high standards for yourself? When things go wrong or don’t go as well as planned or heaven forbid disaster strikes, it all becomes about how you failed and you blame yourself, “I didn’t do enough...” “I failed ...”  “I’m not good enough...” this belief that failure is not an option causes anxiety. At times when you have these negative feelings, realise the remedy is not about lowering your standard, it’s about managing the anxiety you are feeling caused by this issue.

Here are 8 tangible things you can start to implement in your routine (right now!) to begin creating your own new brain pathways, and creating a better mindset.

1. Reframe – Reframing places you in a positive position - thinking.” This is going to be difficult” becomes “I trust myself to do my best” or “I’m not good enough…” becomes “I’m getting better”

2. Check the language you use – change “I’m slow” to “I’m doing my best” or “I’m stressed” to “I got rattled” “I can’t do this…” to “Anything is possible” language has a great impact on your current state.

3. Calm your breathing. There are many apps to help with breathing. Download one to help when you are in need.

4. Practice gratitude - practicing gratitude is one of the most effective ways to boost your happiness and overall well-being—because gratitude rewires your brain to focus on the positive. Grab a small notebook, and each evening (or morning), write down just three things you’re grateful for.

5.  Plan - consider beforehand what would make the challenging situation easier or more comfortable for you.

6. Constructive questioning - when things go wrong use constructive questions to deal with the issue/problem this will help to keep in mind what is positively wanted, using constructive questions prevents getting caught up in the emotion:

* What did I hope to achieve by doing...
* What was the purpose behind me doing ...

7. Set your expectations - each evening take ten minute to set your expectations for the following day. By planning your day, you increase your perception of control over your day, you are more likely to feel happy, and it will completely change how your mind perceives your tasks.

8. Keep a “DID-It” List - keep track of your progress and celebrate the progress you make every single day, and you will be more productive and more engaged in your life. Keep track of one little thing you accomplish each day (or every few days). Seeing your own progress boosts your confidence, helps you to realise what you have accomplished, and increases happiness.