

Think-Feel-Eat Episode #5

Brain Hacks AND Thought Work Commonalities

- 1.) Both are used to optimize brain function.
- 2.) Both are used to interrupt negative thought processes.
- 3.) Both utilize the fact that the brain is a muscle that can make nerve cells stronger by using it.
- 4.) Both utilize the fact that the brain can run away with itself if not controlled.
- 5.) Both utilize the fact that the brain has neuroplasticity -- it can reshape and change as it is used and needed.

Brain Hacks

- 1.) Quick hacks
- 2.) Can find one to work fast
- 3.) May or may not stop toddler brain
- 4.) Can help in moment
- 5.) Easier to do if thought work is in place

vs.

Thought Work

- 1.) Can take longer
- 2.) Takes more practice
- 3.) Has more control over toddler brain since uses frontal cortex
- 4.) Can help forever
- 5.) Can help brain hacks be more effective

Brain Hacks Ideas

- 5 Second Rule (Mel Robbins)
- Positive Thinking (can be determined)
- 3 Deep Breaths
- Tap with Mantra (not EFT)
- Interrupt Negative Thought w/Pocket Thought
- Gratitude
- Switch Locations
- Decide Ahead of Time
- Do Something Easy to Stay in Integrity With Self
- Journal
- Ongoing Brain Hacks include Real Foods, Nature, Sleep, and Exercise (exercise builds new nerve cells in brain better than anything)

Thought Work Ideas

- Thought Drops or Thought Downloads
- Think-Feel-Eat Worksheets
- Brooke Castillo's Self Coaching Model
- Worksheets from DonnaReish.com
- Ask Brain for an Answer
- Pocket Thoughts (Chosen from Daily Thought Work)
- Visualize Future Self (Worksheets from DR)
- Getting Rid of Negative Self Thoughts (TFE #2 & #3, incl. wksht)
- Any Practice That Uses Pre-Frontal Cortex Rather than Toddler Brain