

# Ten top tips for maintaining positive states

**1. Sleep:** Failure to get sleep results in a reduction of IQ and a general failure to effect deeper psychological resolution. Sleep disturbances must be addressed whether these are physical or psychological, as well our habits such as staying up late and “channel hopping”;

**2. Hydration:** As for sleep, dehydration can reduce intelligence as well as place many body systems under strain. Remember many drinks are actually dehydrating, such as coffee. Water remains the best drink of all. Save money and do your bit for the planet, use tap water wherever possible;

**3. Exercise:** We have a body that was designed to be physical. Avoid spending hours at the desk. Get up and move about. Build in visits to the pool or the gym, or just go for a 30 minute walk each day. A body in motion deals with emotion;

**4. Diet:** High levels of Carbohydrate can kill fast thought processes and leave you fuelled up when you should be resting;

**5. Accept there is not failure:** We don't always get the outcomes we want but every situation is a learning opportunity if we can just stop our ego from giving us a hard time over needing things a certain way;

**6. Express emotions:** By talking to others, going for a run , painting , or doing something creative, we can release negative energies within us leaving us free for new emotions to arise

**7. Recognise down time is valuable:** We all need time to change our mood, do something different. It is not resourceful to always be at the driving wheel, that's just being obsessed with control/ work/relationships etc;

**8. Meditate and contemplate:** Taking a step back can give a valuable view on our life and world. See our meditation offerings on the site;

**9. Maintain positive thought flow:** It is true positive begets positive, negative begets negative. These states cascade through our neural net and colour our thoughts, for good or for ill. We have a choice

**10. Learn to breath:** This one comes up with all the frequency of the Generation Game's, “cuddly toy on the conveyor”, but it is so crucial to health and inner states.

See other site resources or contact us for more information about our workshops and one-to-one sessions.