

FEELING STUCK?

9 SIMPLE WAYS TO GET MOVING AGAIN

The biggest “aha” of my positive psychology studies was learning that we’re all born with a negativity bias hardwired within our brain – it’s how humans survived evolutionarily as a species. So, bad feels much worse than good and seems to stick around much longer.

Think of it this way: Negative emotions are like Velcro, positive ones are like Teflon.

An unbalanced psyche that’s comprised primarily of negative emotions can drain, disempower, and significantly limit our choices. The imbalance can make us feel stuck. To get yourself moving again, take time to cultivate positive emotions.

Here are **9 proven*** ways to boost your JOY and **MOVE OUT OF STUCK!**

1. SHAKE IT OFF. Think of your emotions as energy in motion that become painful when they get stuck in your body. If you are feeling the weight of guilt, anger, shame or frustration, turn up the volume on your favorite song, shake your booty, and move that negative energy to a place where it can do no harm.

2. TAKE A HIKE. Fresh air combined with the beautiful sights and sounds of nature can be calming. Pay attention to the wooded surroundings, and allow your mind a chance to break from any disabling rumination about the past or worrying about the future; this frees up space for new solutions to bubble up within your heart and soul.

3. PICK A THEME SONG. What do you need more of in your life? Courage, self-compassion, confidence? Select an anthem, get a karaoke version; grab a spoon and start singing like nobody’s listening. Notice what happens when you sing every day for a month. A few of my favorites: Brave - Sara Bareilles, Masterpiece – Jesse J, Firework – Katy Perry.

4. LAUGH. YES, LAUGH! Laughter offers physical and emotional release. A good belly laugh relaxes our muscles, reduces stress hormones, and we feel cleansed. Humor gives us a more lighthearted perspective and helps us to see events as challenges rather than threats.

5. HUG IT OUT. A warm embrace reduces the stress hormone, cortisol; it releases tension and sends calming messages to the brain. Hold those hugs a little longer – maybe 20 seconds, and you’ll literally sense the “feel good” hormone, oxytocin, starting to flow through your very being.

6. TO THINE OWN SELF BE TRUE. It’s exhausting and sometimes overwhelming to pretend, to constantly try to please and always be perfect. Stop trying to fit the mold of who you think you’re supposed to be. Be comfortable in your own skin and gain the confidence to lead a perfectly imperfect life. No one is perfect.

7. BE THE AUTHOR OF YOUR LIFE. While you can’t change your past, you can change the stories you tell about it. Even when constrained by the facts, reflect thoughtfully on past disappointments to discover what you’ve learned thus far on your journey. You have the power to reinterpret, retell and ultimately change the ending of your story.

8. GET OUT OF AUTOPILOT. Before reacting to an upsetting event, take a deep breath, and ask yourself if what you’re about to do or say will move you closer to your desired outcome. If the answer is no, then pivot. Within the pause lies the opportunity to make a different choice.

And most importantly...

9. KEEP MOVING! Don’t get caught up in a boggled mind; we learn best by doing, not by merely thinking. Strive for progress, not perfection. Remember Sir Isaac Newton’s law about inert objects; they require force to get moving, but once in motion, remain in motion.

Truly, if making significant changes were an easy task, we’d all be blissful after reading our first self-help book. To create the life you really want requires consistent conscious choices that move you in the direction of what you want to become. Working to change your life to be more aligned with your hopes, dreams, and values is far more rewarding than the draining efforts involved in pretending to be someone you’re not.

If you’re ready to take the next step and fast track your journey, contact me for a complimentary 30 minute consultation – no obligation, no selling. Click on I Am Ready below or type <https://meetme.so/IAMReady> into your browser.

I AM READY!

***Care to learn more?** If you are like me and love to learn the science behind the how and why these ideas work, head on over to my Pinterest page Alison Deutsch Coaching and check out the articles, TED Talks, and books I’ve collected about the research. I only suggest resources that are fun and easy to digest – *promise.*



Alison Deutsch is a Certified Positive Psychology Practitioner and Professional Coach who experienced the challenge of relocating with her young family – four times over a period of ten years, both domestically and overseas. Utilizing research-proven assessments, tools, and practices, that she’s personally road tested through her own life experiences, Alison helps women Move Out of the Stuck – that overwhelm, fear, and indecision that crop up around big life changes. Her clients gain peace of mind and newfound confidence in their ability to handle anything that comes their way. www.alisondeutsch.com