



CALMING MY REACTIONS

LEARN AN INNOVATIVE, FAST
AND EFFECTIVE APPROACH
TO HEALTH & PRODUCTIVITY.

10 TIPS

1. RECOGNIZE REACTION IN THE MOMENT
2. SHIFT FOCUS FROM THE SITUATION
3. MAKE TIME FOR A BREAK
4. BREATHE DEEPLY
5. ACKNOWLEDGE THE REACTION
6. ALLOW THE FEELING
7. NOTICE THE THOUGHTS
8. BE AWARE OF THE PERCEPTION
9. IDENTIFY THE TRIGGER
10. RESOLVE THE TRIGGER

We are human and we all react! Learning to recognize reactions is an important first step to resolving repetitive patterns. Logosynthesis® is a transformational tool to resolve the perceptual trigger to distressing thoughts, emotions & sensations.

Logosynthesis® is a model for self-coaching and guided change, based on the power of words and sentences to change energy fields.

Visit www.thehealthylivingplan.com to learn more.