

# MELLI'S STARTER TOOLS

*for overcoming negative thinking* \_\_\_\_\_ [mrsmindfullness.com](https://mrsmindfullness.com)

## Four steps to start

- 1 Begin to meditate for at least 15 minutes or more each day. Stick with it for at least 30 days to feel the effect.
- 2 Set an alarm 2 times per day to stop and take in something good around you.
- 3 Print out the helpful questions and empowering focus questions and put them somewhere prominent or make them your phone home screen or computer home screen until you can remember them easily.
- 4 Make a pact to be a bit kinder to yourself. Print out my helpful reminder, and stick it on your bathroom mirror or somewhere handy.

### Back to the article

Here's a link back to the *Four Keys to Overcoming Negative Thinking* article, in case you need to reread it. Or, if you'd like handy access to the free meditation :-)

[Four keys to overcoming negative thinking](#)

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## Helpful Questions for Unhelpful Thoughts

Is this thought in any way useful or helpful?

Is it true? (Can I absolutely know that it's true)

Is this just an old story that my mind is playing out of habit?

Does this thought help me take effective action in any way?

Is this thought helpful or is my mind just babbling on?

## Choose a More Empowering Focus

What is the truth? My deepest truth?

What do I really want to feel or create in this situation? How  
can I move towards that?

How can I make the best of this situation?

Who would I be without this thought?

What new story or thought can I focus on now?

How can I see this in a different or new way?

What can I be grateful for in this present moment?

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## Taking in the good

This is not about 'positive thinking per se.  
It's about noticing your direct experiences  
as you go about the day.



### **1. Deliberately seek out and pay attention to good experiences each day.**

What are some good aspects in your life that you don't usually notice? What is beautiful that you can appreciate and enjoy and savour as you go about your day? Maybe you can stop to appreciate the beauty in your garden or savour the taste of your tea. Even the warmth of your blankets at night or the sound of the rain.

### **2. Once you've opened up to noticing the good, stay with it and savour it.**

To set down new neural pathways to balance the negativity bias, stay with each good experience for at least 5 seconds, preferably 20 if possible. Open up to the body sensations, feelings and all that is happening in the moment. Drink in the good experience letting it fill your body and mind.

### **3. Lastly, bring your intention to deliberately absorbing the experience.**

Have a sense of really appreciating the experience with a sense of gratitude. And setting the intention to take the good feelings with you into your memory and your being. You can also visualise this part if it helps. For instance, placing a beautiful picture of the memory inside an imaginary locket. Or imagining the experience lighting up your heart like a warm glow.

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## Self-compassion reminder



### **Self-talk that sounds warm, friendly and kind.**

“Good on you for giving that a go honey”

“That was a very kind/honest/good thing you did mate”

“Hey, it’s ok, you did your best”

### **Soothing, loving self-talk for tough times.**

“It’s ok, everyone makes mistakes sometimes. You’re human”

“Take it easy, darling”

“This is a tricky moment, nay I be kind to myself in this tough time”

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## Do the things that nourish you

*What can you do today, this week, this month to nourish yourself?*

being in nature

slowing down

surfing, yoga, biking or another sport you love

going for a walk

having a cup of tea in the sun

gardening, painting or other hobbies

spending time with a pet or loved one

meditation or contemplation time

reading a book

## Three-breath pause

Pause and centre yourself with three, deep, slow mindful breaths. As you take the three breaths, let your full attention rest on the feeling of the breath coming in and out of your body. Pay close attention to every sensation, and let any other thoughts fall away.