

# Mental Health Rescue Remedy

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(Positive Psychology)



Training with  
**GWizNLP**  
*inspiring natural potential*

## **Finding Meaning and Purpose**

When we find meaning in our experience and have a sense of purpose we feel more alive and vibrant. This leads to being able to take action to make things happen in our lives. With this our sense of contribution increases.

When we are in survival mode we are focusing on staying alive, this may be one reason so many people are putting weight during this lock down! In terms of Maslow's needs we are focusing on basics such as food, safety and shelter.

### **Meaning in Everyday life**

What is most important to you about the next three months?

What needs to happen so you can take care of yourself and move toward staying connected to what is most important to you in the next few days, weeks and months?

Becoming clear about what you can control and what you can't will help you find the space to re-connect with meaning and purpose. You may need to find a new purpose in the short term that allows you to feel that you are making a difference. Once normal working patterns are restored you may need to revisit what is most important to you.

## **Finding Big Picture Meaning**

It is time to gain some clarity about what is most important to you and why. This is all about finding your personal “Why”.

In order to create a more meaningful life we need to find a way to reconnect with our own sense of meaning and purpose by understanding what is important to you.

What is important to you about:

- Relationships and Family?
- Personal development?
- Home and living environment?
- Contribution to the world?
- Work and Career?

Of these categories which is the most important to you? Write your answers down and share.

Reconnect with why you do what you do, start with what matters most to you.

In normal times:

1. What motivates you?
2. What rewards you?
3. What gives you a sense of satisfaction or achievement?
4. What gives you joy?

Reflect on your answers and consider how you can re-connect or adapt each of the above to your current situation.

## The Importance of Gratitude

**Write Down Five Positive Things that have happened to you since Saturday.**

### **Savouring every moment as if it is your last!**

In positive psychology one of the ideas explored is that of "savouring". This could be about food but is really much more. How often have you been in a wonderful place but thinking about trivial life details instead of paying attention?

So here is my challenge for you, whatever you are doing today savour it. Connect to what you see, hear, experience and feel. If you are with other people, really be with them. If you are on your own be with that too.

Even if you are doing some kind of routine task notice what happens if you savour it.

**Savouring Exercise:** What can you appreciate right now that is in the here and now?

### **Positive Reminiscing**

Deliberately re-living past experiences both on our own but particularly by sharing with others helps us stay in touch with those feelings. The mechanism is exactly the same as the one some people use to stay attached to a negative past.

I believe story telling out loud is more effective than writing down for this. The element of sharing the story is important too. This technique can be used by couples, families, friends and even in the work place to build team spirit.

**Exercise** Build and share a story with a partner, use the following steps.

1. Coach your partner to pick a recent event spent with people they care about or a solitary experience that went well.
2. Get them to re-tell the story and increase the level of detail. Get them to tell the story as if it were happening right now, what could they see, hear and feel.
3. Get them to retell the story several times. As they go round the loop several times calibrate for increased positive state.
4. Swap roles

## **Creating a Social Network Virtually**

**What are you already doing to keep yourself connected socially?**

**What else could you do?**

### **Ideas for Social Connection**

- Virtual Dinners or Coffee breaks**
- Quiz,**
- Play a board game with friends online e.g monopoly or trivial pursuit.**
- Take an online course**
- Networking**
- Social groups who meetup online**
- Volunteer e.g. phone support for carers**
- Join a cause**

**What other ideas do you have?**

## **Bonus notes from previous sessions**

### **Protecting your Well-being and Health**

The topics discussed so far will already be a start in protecting your Well-being and Health. Here are a few quick and easy ideas to help.

1. Start a gratitude diary.
2. Take a sixty second holiday at least three times a day.
3. Use breathing techniques regularly.
4. Take care of your body, eat well, sleep well and exercise.
5. Find what makes you laugh and make sure you give yourself laughter time.
6. If you are with people you love remember to hug. If you are in isolation reach out virtually for hugs often.

### **The Sixty Second Holiday**

This quick and easy technique is great for reducing stress and creating a sense of well-being. Start by making yourself physically comfortable in your chair. Take a couple of deep breaths, remembering to breathe in through your nose.

Close your eyes and imagine a place you would love to be. It could be somewhere out doors like a beach, a forest or a mountain top. Create a mental picture of what you can see, what you can hear and notice how you feel.

Create as much detail as you can. To begin with you may just feel you are thinking about your holiday location. Give it a name, for me it would be "Walk in the Forest".

Each time you sit down to take your sixty second holiday say your holiday name. This creates what is known in NLP as an anchor. Each time you access your holiday it will get easier and stronger.

Your body will begin to respond by calming your nervous system and releasing calming chemicals within your body.

## About Melody



Melody runs courses in both the private and the public sector, focusing on interpersonal skills and self-awareness. Over the last 25 years she has worked with International committees, directors, senior managers, teams and front-line staff as an executive coach. She specialises in NLP, emotional intelligence, personal effectiveness, understanding behaviour and leadership.

She has worked as both an executive coach, (working with CEO's and Directors in major organisations) and as a therapist working with personal issues. She has also worked as a professional mediator where there is work place conflict, (including post disciplinary) and worked with troubled teams.

She is a life-long learner as her training log demonstrates:

## Qualifications and Training

- Msc in Applied Positive Psychology
- Degree in Psychology (BA Hons.)
- MBTI Practitioner
- LAB Profile Practitioner
- Emotional Intelligence Practitioner
- Certified Master Trainer of NLP & HNLP
- Practitioner and Master Practitioner in NLP
- Certified Trainer of Hypnosis and Hypnotherapy.
- Core Transformation Trainer (permission Connirae Andreas)
- The Wholeness Work
- Practitioner and Master Practitioner of Hypnotherapy
- Certified HNLP Coach
- Diploma in NLP (in the process of being upgraded to Practitioner level), Psychotherapy and Ericksonian Hypnotherapy
- Qualified Re-evaluation Co-counsellor
- 6 Years training in Transactional Analysis with Julie Hay
- •even year training as a group leader and facilitator

**Melody is available for in-house training, mediation and business coaching. She also has a private practice for people wishing to resolve personal issues.**

## Zoom Events at GWiz

### Free NLP Taster Events

10<sup>th</sup> December, 2.30pm to 4.30pm or 15<sup>th</sup> December, 7pm to 9pm 2020

### ANLP Accredited NLP Practitioner

Starts February 2021

### Core Transformations

1<sup>st</sup> to 3<sup>rd</sup> March 2021

### ANLP Accredited NLP Coaching Supervisor Certification

Starts April 2021

### The Wholeness Work: A Beginning

22<sup>nd</sup> to 23<sup>rd</sup> June 2021

### GHSC Certified Clinical Hypnotherapy Diploma

24<sup>th</sup> to 30<sup>th</sup> July 2021

### ANLP Accredited NLP Master Practitioner

Starts September 2021

### Psychological Approaches to Coaching (AC Accredited)

#### Foundations in Coaching

25<sup>th</sup> to 26<sup>th</sup> January 2021

### Transactional Analysis for Coaches (Zoom)

22<sup>nd</sup> to 23<sup>rd</sup> March 2021

### iNLP Coaching Certificate (Zoom)

24<sup>th</sup> to 25<sup>th</sup> May 2021

### Positive Psychology in Coaching

20<sup>th</sup> to 21<sup>st</sup> November 2020 & 19<sup>th</sup> to 20<sup>th</sup> July 2021

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