

# GET OUT OF YOUR HEAD TIPS REPORT

# TOP TIPS

Do you ever have those moments where you are trying to get something done but can't get out of your head long enough to focus? Maybe you are fearful, doubtful, anxious, stressed, or may be recalling an embarrassing situation from ten years ago. Whatever the reason, sometimes we struggle to get out of our own heads. If this sounds like you, check out these nine handy tips on how to deal with it.

## 1. Schedule Reflection Time

You can't possibly eliminate all of the thoughts running through your head, so why not schedule some time to reflect? Schedule some good old "me time" with just you and your head. Hopefully, this will allow you to be more distraction-free for the rest of the day.

## 2. Write Your Thoughts Down

If you find that you are often lost in worry, anxiety or other negative feelings, try releasing them by writing them down. Starting a journaling practice is a great way to get those worries that are stuck in your head out into the open.

## 3. Spend Time With Loved Ones

When you spend time with people you truly care about, you will be less likely to be lost in your own thoughts. Make a concerted effort to be present in the moment. Listen closely to what they say, observe what they do and feel the joy of just being with them.

## 4. Establish a Meditation Routine

Meditation is all about clearing your mind. While that is hardly a thorough definition, it does sound perfect if you are struggling to get out of your own head. It may take you some time to break through all the noise and relax enough to meditate but it's well worth the effort.

## 5. Work up a Sweat

It's hard to worry about the thoughts in your head when you feel like your heart is about to beat through your chest. Of course, you don't have to go that hard but spending any time exercising will keep you out of your own head, and you will benefit from a healthy lifestyle too.

## 6. Take Action on Your Thoughts

If you are lost in thought with worry, doubt or fear about some aspect of your life, then try taking some action. You don't have to do anything drastic. Just jot down some ways you can address the issues that you may be worrying over.

## 7. What Do You Value?

Do you know what matters to you? It might seem like a silly question, but most of us never really define the things we care about most. When you figure out what matters most to you, the thoughts of things that don't matter will start to drift away.

## 8. Use the 5-4-3-2-1 Method

Sometimes you will find yourself with so many thoughts racing through your mind that you feel the urge of panic. The 5-4-3-2-1 method is a great way to ground yourself. Just look around and pick out 5 things you can see, 4 things you can touch, 3 you can hear, 2 you can smell and 1 you can taste. It's a simple but effective way to stay mindful.

## 9. Talk to a Counsellor or Coach

If you feel so stuck in your head that it negatively impacts your mental well-being, career or relationships, consider speaking with a counsellor or coach. There is absolutely no shame in doing so. A trained counsellor or coach is simply another support for you to lean on.

# ACTIONABLE STEPS

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<p>Pick a time each day when you can be alone with just your thoughts. Fifteen minutes should be more than enough.</p> <p>Use this time to let your mind wander. Make a mental note of any recurring worries.</p>	<p>Focus on one of the recurring worries from the last step.</p> <p>Take some time to write down a few steps you could take to start addressing the worry.</p>	<p>Take action. Now it is time to choose one step - start with the simplest - and start working on it.</p> <p>You don't have to finish everything. It's just important to start taking that first step.</p>