

Neuro-Linguistic Programming to Improve our Mental Health

Class Summary

- We've established how rumination impacts upon our mental health
- NLP teaches us that where we look affects what we think about and which parts of our brain are activated:
- When you look up, you are either accessing your memories, to recall information stored in your hippocampus, or you're imagining
- When you look straight ahead or around you horizontally, you are observing and listening, scanning your environment
- When you look down, you are accessing your feelings
- When you walk, as you become more aware, you'll catch yourself looking down as you walk and notice that when you do, you'll have been ruminating, either about something in the past, or something that you're concerned about in the future
- When you catch yourself ruminating, simply lift your eyes and scan the environment around you, to stop the rumination
- This will stop the psychological stress extending throughout your body and brain
- Continued on next handout..