

# BROKEN RECORD – PART 2

CHANGE NEEDS A CHANGE – IF YOU DO THE SAME OLD THINGS, YOU WILL PROBABLY FEEL STUCK IN ONE PLACE

WORDS: JOANNE WILSON

You may have managed a few days without alcohol by now, a couple of healthy lunches; and it's time to think about how you'll get rid of some of that festive weight you've inhaled.

Here's the problem. It will soon be Easter and you've got to have some leeway for eggs! Furthermore, you may have some other important plans like enhancing intimacy with humankind by volunteering, dabbling in some cryptocurrency or dropping the so very 2017 planking and joining in on the macrame comeback?

Welcome to part two of The Broken Record's Guide to 2018. We got a headstart in the last few days of December so here's a re-cap. We need to KISS our challenges away by Keeping It Simple and Straight-forward in 2018. I also mentioned a critical cycle in how we spend our time and energy being the Cue, the Action and the Reward. Our brains would be unable to operate effectively if they had to analyse every decision we made, every minute of every day. This is what we've come to recognise as the power of our unconscious brain activity in our daily routine.

Warning! You've heard of these first concepts before but the why is important to support you in avoiding getting stuck in the same old tune of a broken record. Wouldn't that be a yawn? Speaking of which, it has been well established that quality sleep is a vital ingredient of mental and physical



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resilience. During rapid eye movement (REM) phases of sleep, the hippocampus releases information to the prefrontal cortex (at the front of your brain) for long-term processing. This keeps the hippocampus malleable and promotes strong neural connectivity. During deep sleep the hippocampus also restocks its brain-derived neurotrophic factor, which is a neurohormone that helps your neural highways run smoothly. This process is essential for brain wellness and resilience.

The benefits of regular exercise to maximise neural wellness have been well researched. Exercise also helps your brain neurons thrive! It reduces levels of the cortisol that is created during stress and helps the part of the brain involved in memory. It has an inverse effect on ageing, a positive effect on cognitive capacity, and has significant impact on your overall resilience.

Look before you leap and consider past information in your future decisions. After all, the definition of insanity is failing and

trying the same thing over and over, expecting a different result. Why live like a broken record?

Some research suggests that a measly percentage of New Year's resolutions survive the first few weeks. Find your own path in your journey of establishing new habits that positively impact your life. When was the last time you really nailed something you set out to do? What environment did you create that made it conducive to success? Track your success and reward yourself, focusing on successes, no matter how small.

Exert your energy into putting new habits into place, direct your thoughts towards the positives that will result in the highest chance of success. Start visualising how it will look, feel and smell when you've followed through. Even if you forgot to run, over-ate, forgot to call your crypto guru or just didn't finish a task at the beginning of a week, focus on the fact you remembered towards the end of the week and enjoyed a heightened level of achievement as a result.

The amount of time to break habits varies, but we do know you need to stick with it for at least THREE weeks. Get to it with repetition and consistency!

I love hearing from you, so please email me at [jo@theconfidantecounselling.com](mailto:jo@theconfidantecounselling.com) with any relationship topics that would most interest you in 2018.

*Joanne is a neuro-psychotherapist and relationship specialist at The Confidante Counselling. Visit [www.sunshinecoastcounselling.com](http://www.sunshinecoastcounselling.com).*



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