

9 BRAIN HACKS:

Heal the Stuck

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Healing the Stuck

Sometimes in life, you come to an impasse where you feel stuck in life. Perhaps you may feel like you are observing life through foggy glasses with the lack of clarity to move forward, or you find yourself digging your heels into the ground, like a child having a temper tantrum, finding yourself in a place of resistance unable move forward.

While perplexing, there are many ways to deal with the stuck. I have listed 9 of my favorite methods:

1. **Breathe-** taking several long, deep breaths will help you get out of your head and into your body, allowing you to relax, think clearly and be present. Consider doing boxed breathing- breathe in for a count of 4, hold for 4, exhale for 4 and rest for 4.
2. **Become Aware-** what's the mental chatter going on in your head? The brain cannot distinguish between reality and imagination. So what ever you are thinking in your brain, like worrying, the brain is reacting to it as if it has already happened.
3. **Change Perspective-** good, bad, who knows? Change your perspective. What if you were to create an alternate reality where there is the benefit of the doubt? As humans, we tend to make life revolve around ourselves, but the truth is that we could look at the same situation and see something completely different. Make room for other possibilities and explore the other outcomes.
4. **Change Your State-** move your body, change your posture, meditate or get out into nature. By changing your state, you shift your mind, opening up to see other possibilities by allowing your brain to relax.
5. **Do Something Fun-** shifting your headspace into a place of pleasure allows you change focus and allow the answers to pop in

6. **Break It Down-** when you are in overwhelm. Create small manageable task that you can chip away at and have small wins.
7. **Giving Thanks-** being in a place of gratitude allows you to focus on what is working in your life. Too often, you get caught up in what isn't working and the obstacles before you. Gratitude helps you to put things into perspective.
8. **Stick To The Facts, Not The Stories-** fears to create stories that hold you back from doing anything. But if you were to look at the facts, you would be able to see other possibilities that are obscured by your stories.
9. **Address The Emotions Or Fears-** Too often are fears or emotions keep you from going after what you want. When you recognize that you're in fear, deal with those emotions that keep you stuck. Otherwise your emotions will keep you paralyzed. Take a deep breathe and feel those emotions until they fade.

If you are interested in learning how to heal your stuck on a deeper level, please contact me through my website- <https://mary-powers.com>. Every month, I gift away at least one free **Breakdown to Breakthrough Discovery Session** (valued at \$297) to a lucky winner.