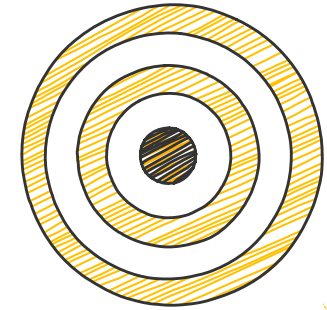


Exploring Flow and Mental Resilience



A core component of understanding essential flow is building up an awareness of what doesn't work in terms of living life in flow, productivity and happiness.

A phrase I've often adopted to illustrate this approach is:

Addition through Subtraction.

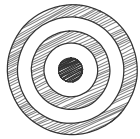
Removing old beliefs and habits through a logical enquiry; frees us up to perform at a higher level.

When we expand our thinking around flow and mind, more space and clarity is revealed.

Have a read of the questions below to explore some of our misconceptions around mind, flow and performance.

Is it healthier to leave your thoughts alone instead of constantly trying to change them?

Battling with negative thoughts and thinking that we must be positive, adds another pressure to the mind. Leave your thoughts alone; they will move on by themselves.



When you are struggling to find motivation should you set yourself big goals, or small targets?

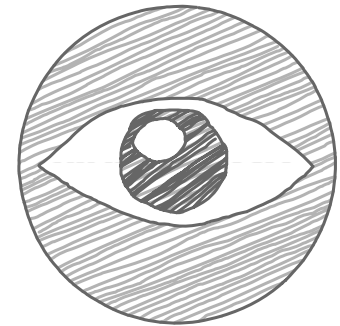
Setting mini-goals builds momentum and self-confidence. Achieving goals, however big or small they are, creates healthy flow in our lives.

Does your mental health benefit by being assigned to a personality type?

Seeing personality types and character traits as constantly changing prevents us from limiting ourselves. New skills and ways of thinking are always achievable.

Does your mood affect how you see the world?

If we can learn not to trust our thinking when we are in a bad mood, we are more likely to make healthy decisions when the dust settles.



Is over-thinking your problems helpful?

When we over-think our worries and anxieties our focus narrows. This blocks our capacity to identify healthy solutions and take action.

Is your well-being a constant or is it something that is acquired?

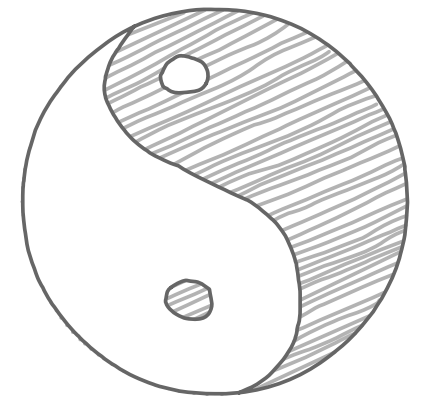
Often we see well-being as something that we obtain and achieve through positive thinking and self-help strategies. However, the effects of strategies only ever provide temporary relief. The constant carousel of new therapies, and mindsets show that this approach is not sustainable.

If you knew that all known experience is generated within you, will you feel more or less stable?

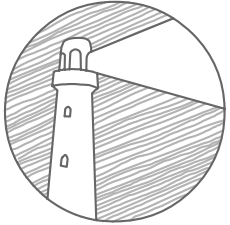
When we see ourselves as victims and believe that the world is against us, we are less likely to find the space to think clearly with confidence and composure. Getting a sense that all experiences are a part of us, invites a more intimate relationship with the world.

If you don't mind feeling negative, would you feel more or less stable?

We will experience positive and negative thoughts throughout our lifetimes. Not minding the natural ebb and flow of our moods will reveal the mental resilience we all have access to.



Mental Resilience Questions:



Consider these questions in relation to mental resilience. In the mental well-being space there is always a new model to support the mind. Perhaps the new model is that there is no definitive model. Instead of the constant need to intervene, fix, seek, manipulate in the quest for a better experience; maybe peace and happiness are inherent quality of our mind and being.

1. Will we create more mental resistance if we try to rid ourselves of stress through using positive thinking techniques?
2. If we could control our thoughts, why don't we have the thoughts we want all of the time?
3. Is the feeling of stress more or less likely to subside if we understand the impermanent nature of thoughts, feelings and emotions?
4. If we measure our success in terms of actions rather than outcomes; will we feel more or less resilient?
5. Is it possible to feel confident and still perform badly? Does feeling good mean that we will undoubtedly perform well? Can we still give a high-level performance when feeling unhappy or nervous?

6. In trying to help someone change their state of mind, are we merely reinforcing the idea that we are in control of our thoughts, feelings and emotions? Consider this: if someone has been led to believe that they are able to control their mind and emotions, will they feel more or less stable next time negative thoughts/feelings arise?
7. Will shedding the belief that we are in control of our ever-changing thoughts, feelings and emotions bring a sense of relief?
8. Will our perceptions and experiences become more free-flowing, open, responsive and natural when we stop trying to constantly manage our thoughts, feelings and emotions?
9. When we are performing well, are we micro-managing what we do; or is there an effortless and selflessness quality to our performance?
10. If I am trying to be positive, what am I telling myself I am not?