

YOUR 6 MAIN PRACTICES FOR MAINTAINING YOUR MENTAL HEALTH

1. THE TWO HEALTHY OPTIONS: This is the practice of choosing to either fix a problem or accept a problem as it is. It is also refusing to whine, blame, or damn any problem knowing that such behaviors only make the problem worse and get you new problems. It is understanding that if you have the power and authority that it is your obligation to fix a problem. It is understanding that if you do NOT have power and authority that it is your obligation to peacefully accept a problem the way it is. It is also understanding that sometimes power and authority comes and goes: meaning one day you may cope with a problem and another day you may problem-solve it. It also is understanding that it may be possible to obtain the power and authority you need to fix a problem if you don't have it to begin with. Problem-solve or cope! Fix or accept!

2. MIND-MOVING (M-M): This is the practice of moving your mind to your stomach, heart, left hand, and right hand while breathing in your stomach, out your heart, in your left hand, and out your right hand. The purpose is to gain perspective by using your mind to activate all 6 of your biological brains. This alleviates the problems caused by looping in only one brain: going over the same information again and again without any new insight. This practice is also good for stress reduction, relaxation, sleep, and preparing oneself to face a tough situation. This practice can also improve intelligence as you are intelligent when all of your brains are allowed to communicate freely. This practice may also increase your longevity by increasing your heart-rate variability.

3. THE THREE RS: This is the practice of recognizing, removing, and replacing your self-disturbing and self-defeating thinking. You know that since the disturbance is in your mind, then the cause of that disturbance must also be in your mind: cause and effect exist in one time and space. You recognize the cause as some particular form of negative thinking, for example, "I am stupid." You remove the negative thinking by forcing yourself to face the negative results of that negative thinking. You replace the self-disturbing thinking with thinking that has better results.

4. RUN YOUR OWN MIND: This is the practice of taking total responsibility for what you think and feel. This is the practice of refusing to blame "it", other people, life, or anything for your mental states since you are the only one who can choose your mental states. After all, you alone choose what to dwell on, what to take to heart, what to identify with, and what to let go of. The practice of consciously running your mind incorporates the principle of emotional responsibility.

5. DETACHMENT: This is the practice of taking your self out of the equation. It is the opposite of: personalizing, owning the negative, eating the negative, making it about you, being overly sensitive, taking things too personally, making mountains out of molehills, defensiveness. The shortest coping phrase for this is: "It's not me. It's not my body." Detachment does NOT mean not caring. Detachment does mean being able to look at a situation without the cloud of ego.

6. USE, UOE, ULE, UAE: This is the practice of unconditionally valuing self, others, life, and your abilities as good. You then conditionally value your and others' thinking, feeling, and behaving based on their results, effects, and affects. Unconditional Self-Esteem (USE), Unconditional Other-Esteem (UOE), Unconditional Life-Esteem (ULE), Unconditional Ability-Esteem (UAE).

OTHER PRACTICES: Garden Your Mind, WWBADD, Right Motivation, Reason over Lower and Higher over Reason, 4 Signal Systems, Roles vs. Self, GADSAP, Healthy Habits, 6 Rs of Communication, Mental-Court Games, RAP, Multi-Valued Thinking, 5 Thinking Positions, Inner-Directed, 3 Levels of Existence, 3 Mental Channels, Mind as Magnet, Universality, 2 Attentions, Knowits, Survival Alarms, 8 Parenting Rules, Secret of Life, Difficult People, Relapse Prevention.