

Carly
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TAME

your mind



TAME YOUR MIND WITH CARLY TAYLOR

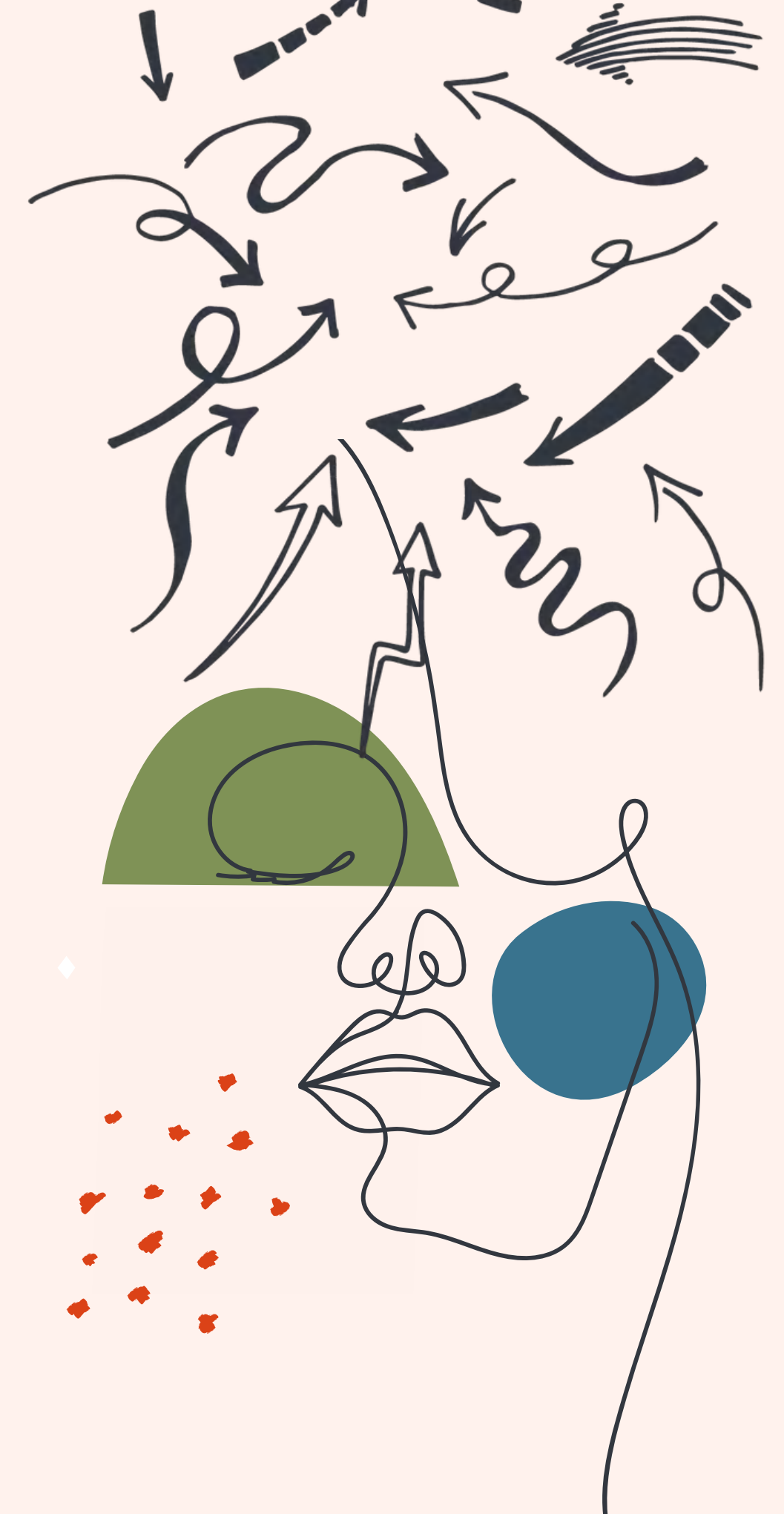
Attention

Most of us don't realise that our attention is one of the most important resources we have.

How we use our attention is how we live our lives. Without being aware of our attention, it becomes passive and before we realise it, our lives are dictated by emotion and thoughts that don't serve us well.

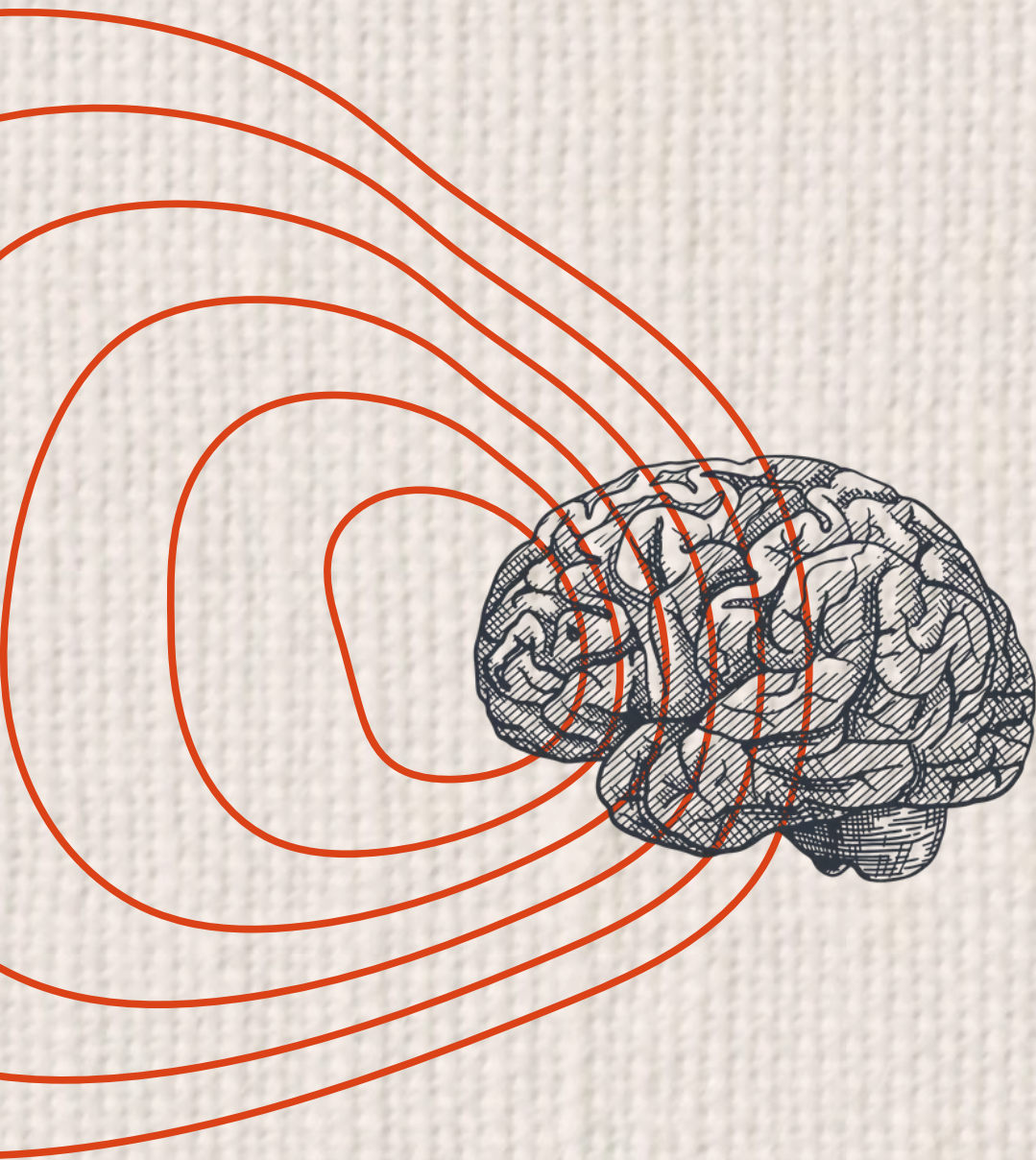
One of the most difficult aspects of being human is the painful emotions that show up in varying degrees and intensity. Using our attention is what I consider one of the most effective tools to ensure our emotions don't take over and send our lives down a spiral.

When we are anxious, our attention automatically goes to the physical sensation of being anxious. It's uncomfortable, so we then put all our attention into trying to get rid of the discomfort it's causing.



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What Happens Next?



It gets worse.

Putting our attention onto trying to get rid of something that cannot be controlled is like throwing fuel onto a fire.

**What we pay
attention to grows**

What we pay attention to is how we live our lives.

What we pay attention to, our brains commit cells to.



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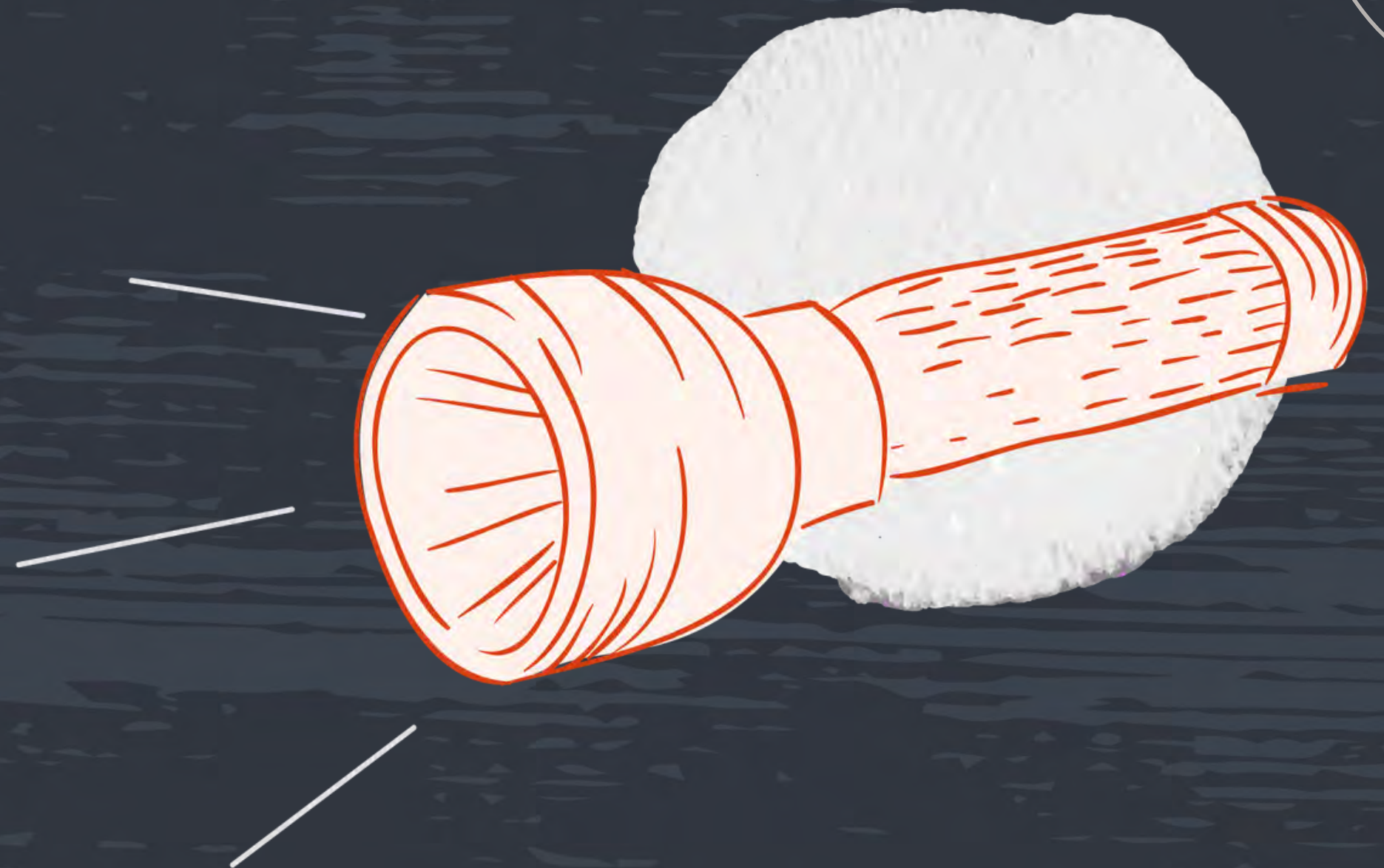
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What Do We Do?

Imagine your attention is a flashlight and you have control over where you shine it and you have control over the light. In this case, you can shine that beam of light on your anxiety, your racing thoughts or your shaking hands.

OR

You can shine that light away from your internal state and onto the things that are important. Maybe it's an important task you need to do, or spend time with your loved ones, or do some exercise or maybe simply looking outside and noticing the beauty of the world around you, or maybe it's as simple as focussing your attention on your breath.



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Exercise

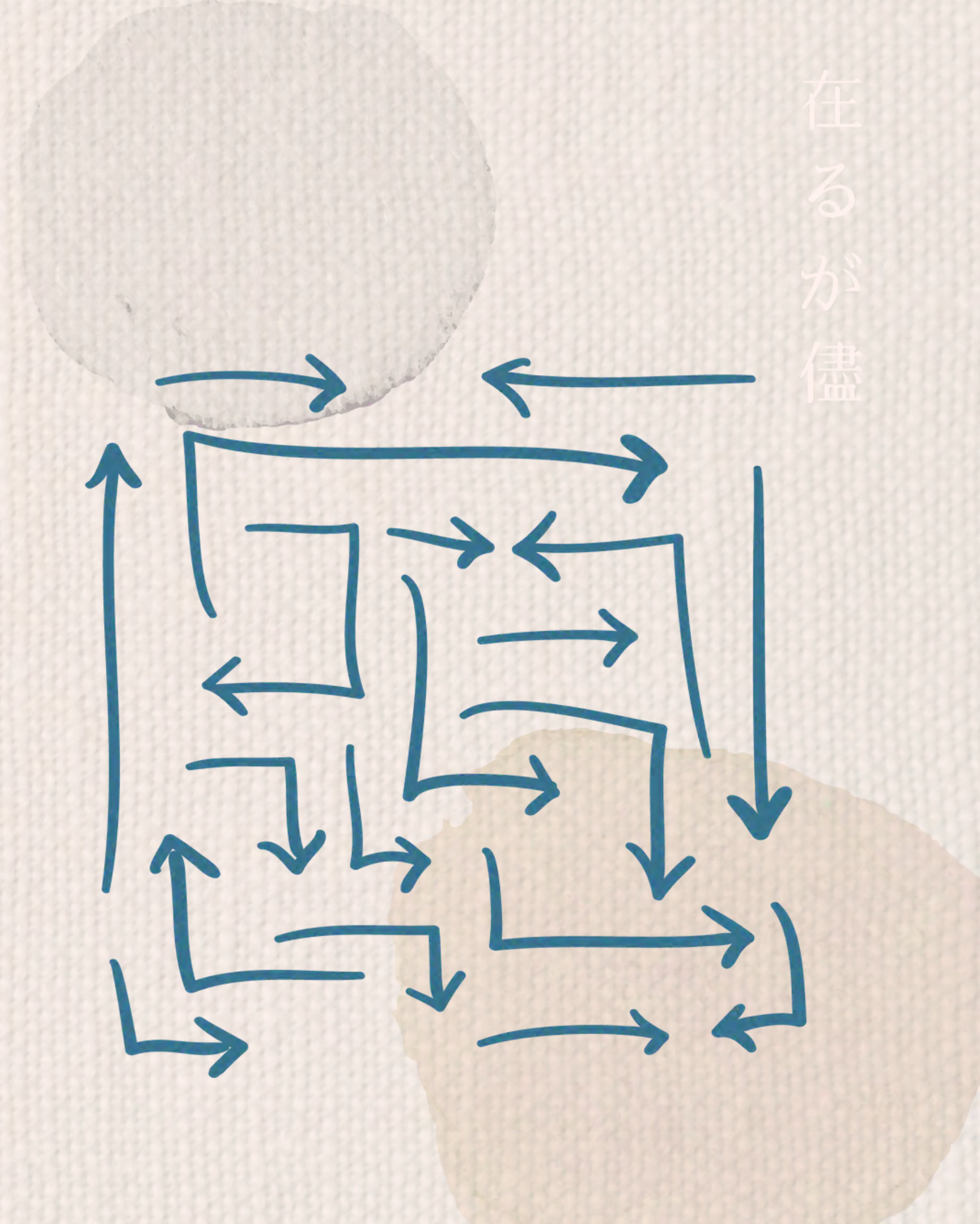
Here's a quick, but powerful exercise to practise the skill of attention.

Next time you are distracted, or struggling with a painful emotion such as anxiety, or feeling overwhelmed, turn your attention away from the internal stuff and look outwards for **5 things the colour blue**. You can find small to large things the colour blue, or as expansive as the blue sky. Maybe there are different shades of blue, or even different textures.

All of a sudden, your mind isn't on the struggle you just had. It's turned outward to the world around you. Maybe your mind will try to trick you and turn back to your pain, but you have the choice where your beam of light shines, so take back control of it.

Of course, you don't have to stick with the colour blue. One of my clients decided to challenge herself and chose the colour purple.

The skill of attention is not a magic pill to get rid of painful emotions, or memories, or thoughts, but what it does is allow you to live with intention, to live according to what's important to you and not allow your emotions to always be in control.



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About Carly

Carly is a Mindset Coach and 'Attention' is just one of the many skills Carly teaches individuals and groups in her coaching practice on managing difficult emotions, overwhelm, overthinking and all those difficult, but normal experiences us humans have to live with each day.

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