ANCHORING IN THE POSITIVE

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Judy uses a heart-focused, skills-based approach to helping individuals lower stress, transform anxiety, manage trauma symptoms, and bring their big-hearted, authentic selves to live.

Her work draws heavily on the neurobiology of changes and self-compassion.

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This exercise can help train your brain to overcome your brains negativity bias.

Let's say you have 10 things that happen during the day. Nine of them are positive and one is not so great. Which do you remember that evening? The nine that went well? Or the one that didn't?

The brain is wired to focus on and remember imperfections and things that go wrong more than things that are good or go well. To create a more balanced perspective of your life and of yourself, try this exercise throughout the day.

Notice and appreciate the moment

When you notice something going well, no matter how small, stop and anchor in the feeling. Breathe a feeling of appreciation into your heart for the delicious cup of tea, the smile someone gave you, the help you gave someone else, or a job well done.

As you develop the habit of stopping, noticing, and anchoring in the positive feelings you experience, you are training your brain to focus on the positive and you will be more likely to notice them in the future.

Why does this work?

The more we repeat or pay attention to something – especially if there is emotion attached – the stronger the neural pathways associated with it become. That's how habits form.

If something feels good, our brains want more of it. When we consciously pay attention to what feels good and we anchor in the feeling, we begin training the brain to look for and remember the positive, so we can get more of the good feeling. Over time we can shift our perception of the world (and ourselves!) to one that is less negative and more balanced.