## FEEL GOOD NOW: DO METHODS FOR BUSY PROFESSIONALS TO FIND PLACE IN ANY SITUATION

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#### Understanding the Importance of Feeling Good NOW

In today's fast-paced world, it can be easy to get caught up in the hustle and bustle of everyday life. As busy professionals, it's not uncommon to feel overwhelmed with responsibilities, stressed out by a demanding work environment, or struggling to adjust to major life changes. However, it's important to remember that feeling good now is essential for our overall well-being and happiness.

Feeling good now is more important than all the other events occurring around us. It is crucial for maintaining a positive mindset and finding peace in any situation.

Remember, feeling good now is not about denying the challenges or difficulties in your life, but rather, it's about finding moments of peace and happiness amidst the chaos. Living happily ever after is nothing more than feeling good now and then in the next moment and in the moment after, and so on.

#### Overview

Here, we will explore the five powerful methods that anyone can use to find peace in any situation. These methods will help you navigate the challenges of a stressful work environment, overwhelming responsibilities, and major life changes with grace and ease. By incorporating these practices into your daily routine, you can cultivate a sense of inner peace and well-being that will serve you well in all areas of your life.

The first method is the practice of mindfulness. MINDFULNESS involves paying attention to the present moment without judgment, allowing you to fully experience the here and now. By cultivating mindfulness, you can learn to let go of stress and anxiety, and instead focus on the beauty and joy that surrounds you. This practice can help you find peace in even the most chaotic of situations, allowing you to approach challenges with a calm and centered mindset.

The second method we will explore is the power of GRATITUDE. By acknowledging and appreciating the good things in your life, you can shift your focus away from negativity and towards positivity. Practicing gratitude can help you cultivate a sense of contentment and fulfillment, even in the face of overwhelming responsibilities or major life changes. By taking the time to reflect on all that you have to be grateful for, you can find peace and joy in the present moment. The third method is the practice of SELF-CARE. As a busy professional, it can be easy to neglect our own well-being in favor of work and other responsibilities. All of us are guilty of this, on one occasion or another. However, taking care of yourself is essential for maintaining a sense of peace and balance in your life. By prioritizing activities that nourish your body, mind, and soul, such as exercise, meditation, and spending time with loved ones, you can recharge and rejuvenate yourself, allowing you to face challenges with renewed energy and resilience.

The fourth method is the power of POSITIVE AFFIRMATIONS. By repeating positive statements about yourself and your abilities, you can reprogram your subconscious mind to believe in your own worth and potential. This practice can help you overcome self-doubt and negative self-talk, allowing you to approach challenges with confidence and self-assurance. By incorporating positive affirmations into your daily routine, you can cultivate a sense of inner strength and resilience that will serve you well in any situation.

The fifth method is the practice of VISUALISATION. By creating mental images of your desired outcomes and goals, you can harness the power of your subconscious mind to manifest positive change in your life. Visualization can help you overcome fear and doubt, and instead focus on the possibilities and opportunities that lie ahead. By regularly visualizing your ideal future, you can align your thoughts and actions with your goals, allowing you to navigate life with clarity and purpose. By incorporating these five methods into your daily routine, you can cultivate a sense of peace and well-being that will help you feel good now, no matter what challenges you may face.

#### 1 : Practicing Mindfulness and Living in the Present Moment

Step back and practice mindfulness in order to find peace in any situation. By living in the present moment and focusing on the here and now, we can learn to let go of stress and worries, and instead, embrace a sense of calm and tranquility.

One method to feel good now, no matter what is happening, is to practice deep breathing exercises. Taking a few moments throughout the day to focus on your breath can help to center your mind and bring a sense of peace and relaxation. By focusing on your breath, you can let go of negative thoughts and feelings, and instead, focus on the present moment. Even with eyes open, just focusing on our breath is a form of meditation. The biggest mind block we have towards meditation is 'Where is the time to sit idle and meditate?' All of us have time to breathe, Don't we? We breathe without thinking and just focusing on your breath is meditation. Our breath stays with us always and it just takes a few minutes of focus to reconnect to yourself. Most of our stress and anxiety is because we are either thinking about the past or are worried about our future. The minute we focus on the now; anxieties, stress and fear disappear.

If you are adjusting to a major life change, such as a new job, a move, or a relationship change, it's important to practice self-compassion. Be gentle with yourself during times of transition, and remember that it's okay to feel uncertain or overwhelmed. By practicing self-compassion and being kind to yourself, you can navigate through life's changes with grace and ease, and find peace in any situation. Remember, practicing mindfulness and living in the present moment is a powerful tool for finding peace and contentment in the midst of life's challenges.

#### 2 : Gratitude and Appreciation

Cultivating gratitude and appreciation is a powerful tool that can help us find peace in any situation. In the midst of a stressful work environment, overwhelming responsibilities, or major life changes, taking the time to focus on the things we are grateful for can shift our perspective and bring a sense of calm and contentment. Unfortunately, when we are caught up in one area of life which is problematic, we tend to focus only on that and absolutely neglect the other areas of life which are going on smoothly and efficiently. For example, when we are in financial trouble, who is thinking of our perfect relationship or perfect health and feeling appreciation? We are thinking only on solving our problem. Unfortunately, we don't realize that we are actually making the problem bigger by focusing on it. The solution comes only when the focus shifts towards the solution and away from the problem.

An easy method to cultivate gratitude and appreciation is to start a daily gratitude journal. Taking just a few minutes each day to write down three things you are grateful for can help you shift your focus from what is going wrong to what is going right in your life. This simple practice can help you cultivate a more positive mindset and increase your overall sense of well-being.

We often find ourselves multitasking and rushing through tasks, which can lead to feelings of stress. By taking the time to fully engage in each activity and appreciate the present moment, it is possible to cultivate a sense of gratitude for the simple joys in life. Maybe instead of drinking tea when taking a call, you can drink and savor your tea and then continue working? Find ways to express gratitude and appreciation to others. That is another powerful method for cultivating a sense of peace and contentment. Whether it's sending a thank you note to a colleague, complimenting a team member on their work, or expressing your appreciation to a loved one, taking the time to acknowledge and thank others can help you cultivate a more positive and grateful mindset. Remember that gratitude is a practice that can be cultivated and strengthened over time, so be patient with yourself as you work to cultivate a more grateful and appreciative mindset.

#### 3 : Positive Affirmations and Self-Talk

It's important to remember that we have the power to control our thoughts and emotions. By using positive affirmations and self-talk, we can shift our mindset and find peace in any circumstance. No circumstance has any power to control our thoughts. Right in the midst of a crisis, one different thought can change the situation.

Positive affirmations are powerful statements that can help rewire our brains to focus on the good rather than the negative. By repeating affirmations such as "I am capable of handling any challenge that comes my way" or "I am worthy of peace and happiness," we can begin to shift our mindset towards positivity and self-empowerment. These affirmations can serve as reminders of our inner strength and resilience, helping us to navigate through even the most stressful work environments with grace and ease.

Self-talk can cultivate a sense of peace and calm amidst chaos. Instead of allowing negative thoughts to consume us, we can practice positive self-talk by reframing our thoughts and focusing on solutions rather than problems. By saying things like "I am in control of my thoughts and emotions" or "I am capable of finding a way through this challenge," we can empower ourselves to overcome feelings of being overwhelmed and take charge of our lives. The affirmations can be personal, they need not be copied from anywhere.

Your personal affirmations should be

1) positive

2) in the present tense and

3) with feeling.

For example I am confident...NOT I am not nervous.

I am confident....NOT I will be confident.

When you say I am confident and don't feel confident, but are feeling nervous, it doesn't help.

Remember, you have the power to control your thoughts and emotions – choose positivity, choose empowerment, and choose to feel good now, no matter what life throws your way.

#### 4 : Physical Activity and Exercise

Incorporating regular physical activity and exercise into your routine can have a profound impact on your overall sense of well-being. It is crucial to prioritize taking care of your body.

Despite the stresses of a demanding work environment, finding time for physical activity can provide a much-needed escape and release. Whether it's a brisk walk during your lunch break, a quick yoga session before bed, or a high-intensity workout at the gym, moving your body can help to alleviate stress and boost your mood. There are innumerable studies which have proved beyond doubt that physical exercise does have a positive impact on mental health.

Making time for exercise can help to clear your mind and improve your focus and productivity. When you prioritize your physical health, you are better equipped to handle the demands of your responsibilities with clarity and resilience. Remember, taking care of yourself is not a luxury - it is a necessity for success and well-being. Engaging in physical activity can provide a sense of stability and routine during times of transition. Whether you are starting a new job, moving to a new city, or going through a personal upheaval, exercise can serve as a grounding force that helps you navigate change. By staying active and taking care of your body, you are better able to adapt to new circumstances and face challenges with confidence and strength. Incorporating physical activity and exercise into your daily routine is not just about staying fit - it is about nurturing your mind, body, and spirit. By making time for exercise, you are investing in your overall well-being. Remember, your health is your greatest asset - so make time to move your body, and watch as your sense of well-being and peace grows.

#### 5 : Connecting with Nature

One of the most powerful ways to achieve inner peace is by connecting with nature. Spending time outdoors, whether it be going for a walk in the park, hiking in the mountains, or simply sitting in a garden, can help to ground us and provide a sense of calm. Nature has a way of soothing our souls and reminding us of the beauty and tranquility that surrounds us.

By taking a few moments each day to step outside and breathe in the fresh air, we can clear our minds, reduce stress, and find clarity. Connecting with nature allows us to slow down, appreciate the present moment, and find peace. We have the ability to feel good now by grounding ourselves in the beauty and serenity of nature.

#### 6 : Setting Boundaries and Prioritizing Self-Care

Setting boundaries is crucial for maintaining a healthy work-life balance and preventing burnout. It can be tempting to constantly push yourself to do more and be more, but this can lead to exhaustion. By setting clear boundaries around your time, energy, and resources, you can create space for self-care and ensure that you are able to show up as your best self in both your professional and personal life.

Prioritize self-care. In order to perform at your best, it is essential to take care of your physical, mental, and emotional well-being. This can include activities such as exercise, meditation, journaling, or spending time with loved ones. By making self-care a priority, you can recharge your batteries and approach each day with a sense of balance and clarity. Taking short breaks throughout the day to stretch, breathe, or practice mindfulness can help to alleviate stress and promote a sense of calm and focus. Remember, you deserve to feel good now, no matter what is happening around you.

#### 7 : Support System and Seeking Help When Needed

For most of us, stress is often a constant companion. However, it doesn't have to be that way. By implementing stress-relief techniques throughout the day, you can find peace and calm no matter what challenges come your way.

Furthermore, connecting with others can be a powerful stress-relief technique. Reach out to a friend, family member, or colleague for support and encouragement. By sharing your feelings and experiences with others, you can gain valuable perspective and feel more connected and supported. Building strong relationships and a support network can help you navigate stressful situations with greater ease and grace. Surround yourself with positive and supportive people. Reach out to those you trust and lean on them for guidance and understanding. Remember, it's okay to ask for help when you need it.

Another method to feel good now is to seek professional help when necessary. Whether it's therapy, counseling, or coaching, there are professionals trained to help you navigate through challenges and improve your mental well-being. Don't hesitate to reach out to a trusted professional who can provide you with the tools and resources you need to feel good now.

Remember to delegate tasks when possible and ask for support from your team or colleagues. Break down tasks into manageable steps, prioritize what needs to be done, and focus on one thing at a time. By setting realistic goals and seeking help when needed, you can alleviate stress and feel more in control of your workload.

Lastly, be patient with yourself and give yourself time to adapt. Remember, change is a natural part of life.

Decluttering your workspace, adding plants or calming scents, and ensuring that you have a comfortable and ergonomically-friendly setup. By creating a space that promotes relaxation and focus, you can enhance your productivity and overall well-being.

#### 8 : Embracing Imperfection and Letting Go of Perfectionism

In a world that often demands perfection, it can be easy to fall into the trap of perfectionism.

Letting go of perfectionism allows us to release the unrealistic expectations we place on ourselves and others. It frees us from the burden of constantly striving for unattainable ideals and allows us to embrace our flaws and mistakes as opportunities for growth and learning. By accepting our imperfections, we can cultivate a sense of self-compassion and kindness towards ourselves.

We can let go of the need to be perfect and instead focus on nurturing ourselves and our well-being. This may involve setting boundaries, saying no to unrealistic demands, and prioritizing our own needs and desires. Remember, it is okay to be imperfect – in fact, it is what makes us human. Embrace your flaws, let go of unrealistic expectations, and find peace in the present moment. Feel good now, by embracing imperfection and letting go of perfectionism.

#### 9 : Finding Joy in the Present Moment and Celebrating Small Wins

One powerful way to find joy in the present moment is to celebrate small wins. We often set lofty goals for ourselves and become fixated on achieving those goals. However, it is important to remember that every step we take towards our goals, no matter how small, is a reason to celebrate. Moving in the correct direction is always progress, however small each step may be. Whether it's completing a challenging project at work or simply making it through a hectic day, taking the time to acknowledge and celebrate these small wins can help us feel good now. Remember, happiness is not something that we need to chase in the future; it is something that we can create and celebrate right now, in this very moment.

### 10 : Visualization

See in your mind that which you want in your life. Create a vivid movie in your mind filled with visuals, sound and feelings of that which you desire. All of us visualize, but more often we see in our mind what we don't want, and feel the pain associated with that picture and we name it stress and worry. Seeing how events can take a bad turn and feeling the unpleasant knot in our stomach, that is worry isn't it.? Visualizing success and happiness is considered day dreaming and a waste of time but it is this process which brings joy and a future of our choice. This certainly will make us feel better and will allow new ideas to enter our mind.

Find a comfortable place, wear comfortable clothes, focus on a few breaths, calm yourself before visualizing. When angry or upset it is difficult to visualize happiness and joy and even if you try, you may not feel the joy. Visualization is easier if you are happy or at least in a neutral feeling place. Once you are feeling good, you can see in your mind the desired event, yourself ,your family, friends, their conversations, what you are saying, what is the reply, how are you feeling in response. Basically it is a feel good movie with you as the hero. The greater the details and greater your belief in it, the more the chances of living it in your future.

An easy way to feel better NOW is to find a memory of something which made you feel happy or remember any achievement and think of that memory repeatedly 3-4 times, till you start smiling and then do your self talk or visualization.

" Note : Each of the methods listed in this book is explained in a over simplified manner and each one warrants further study and research. If interested in further study look for upcoming courses and challanges in Apna Sapna. "

#### CONCLUSION

All the methods listed above are extremely useful in our daily life. Which method will help you will depend on where you stand at the present moment. Even when upset, you must have noticed that your feelings are not the same throughout the day. There are ups and downs, moments of fear, despair, numbress, interspersed with moments where you feel hope, optimism, love and feeling supported.

If unable to talk positively about yourself, take support from family, friends or medical help.

If mindfulness is easy for you, practice it frequently during the day.

If gratitude is easier than mindfulness, start giving gratitude in your mind even if you are not saying it out loud.

If already in a peaceful state, exercise or connect with nature.

Each one of us reacts differently in different conditions and are at different level of emotions during the day. Check where you stand and step up to a better feeling place. This continuous movement towards feeling 'better than before' will take you to living happily ever after!! That would be the fairy tale ending to a life filled with success and achievements.

Wishing you a HAPPILY EVER AFTER life......

# FEEL GOOD NOW:

A collection of simple methods to feel good now which all of us know but most often forget . This book is a reminder that a happy life is nothing more than a life filled with small happy moments. A happy life is not worrying all the way till a happy ending.

The author is a senior gynecologist practicing in Kasaragod and is interested in the concept of mind over matter, creating one's own destiny using the power of the mind.

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