



to **MENTAL DETOX** is
“**RELAXATION**”

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"THE GIFT"



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MENTAL DETOX TOOLS

"Casting The Whole Of Your Care (All Your Anxieties, All Your Worries, All Your Concerns, Once And For All) On Him, For He Cares For You Affectionately And Cares About You Watchfully." - 1 Peter 5:7 (Amplified Bible)

Over the years of hustling and wearing a multitude of hats, one's mindset can become toxic: Toxic with the way of thinking, toxic with the way of doing. Below are tools to breakdown negative emotions of stress, fear, and anxiety. These tools help to restore a healthy mind and happiness.

"The Key to MENTAL DETOX is RELAXATION"

1. RELAX: Before total Mental Detox can take place, you must rest your mind

- a. In lieu of taking showers everyday, soak in the tub. Listen to tranquil music while soaking – allow a minimum of 20 minutes to soak without **ANY** distractions.
- b. Use Lavender oil or spray at night to help you rest well.
 - i. My favorite is Aromatherapy Sleep-Lavender Vanilla Pillow Mist by Bath and Body Works (this is not an endorsement)

2. SEVEN DAYS: 12-8-4

It takes a minimum of 7 days to **mentally detox**. This is just the starting point. To change a person's way of thinking requires time. However, after 7 days a pattern should be established. Hence, I caution you to not become discouraged if after 3 days, you slip back into your old habits. Just start over – the detox phase must continue for 7 days consecutively.

- a. Your working hours (professional, personal, homework, and household chores, etc., cannot exceed **12 hours during these 7 days of Mental Detox**.
- b. You must get 8 hours of sleep and rest. The first three days may be extremely hard for a lifetime busy person to sleep 8 hours. Therefore, 6 hours of sleep and two hours of rest are acceptable the first 3 nights. It is important to stick to this sleeping plan during these 7 days of Mental Detox.
- c. Take four daily hours for the next 7 days to:
 - i. Enjoy your family
 - ii. Have 3 sit down meals
 - iii. Relax in the tub at least 3 days out of the 7 Mental Detox days
 - iv. Spend time with God
 - v. Have fun, let your hair down and do things that you would not normally take the time to do. Love on yourself ☺



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3. REMOVE NEGATIVITY

- a. It is important to remove all negativity from your life. This includes:
 - i. Your negative thoughts of failure, fear, etc.
 - ii. Any person or thing which brings negativity to your life via appearance, oral, or written
- b. **PRACTICE MOMENT TO MOMENT RESPONSIVENESS:**
 - i. In order to free your mind from negative emotions, responses, and feelings, we must first bring awareness to them.
 - ii. Address the toxicity immediately! Once you are aware of your thoughts, actions, and reactions, take notes of what you were doing when these thoughts arose in your mind. Address the toxicity without delay! Long-term exposure to toxic things can cause damage, such as depression, fatigue, short-term memory loss, stress, weight gain/loss and so much more. Therefore, send the negative-toxic thoughts away as quickly as they come.
 - iii. Speak daily affirmations. Feed your brain positive thoughts with a smile. Go the extra mile to make **YOU** smile ☺ ☺ ☺ ☺

4. EXERCISE

- a. Mild exercises will boost your energy, immune system, metabolism, endorphins, improve sex life (only if you are married), improve sleep pattern, and so much more. Just 10 minutes of vigorous activities can make a huge difference

5. ENJOY LIFE

- a. Take the time to breathe (take deep breaths in and breathe out all of your anxiety slowly). You should do these 5-10 minutes daily.
- b. Enjoy Nature. Admire the beauty of God's creation. Regardless of the weather, you can enjoy nature. Go back to your childhood when you would look out the window and ask the questions: why about everything. Now is the time to answer your why questions about nature when you were a child. Also, go outside and feel the leaves, look upwards at the sky or downwards at the grass. Embrace the moment of nature.

6. JOURNAL YOUR THOUGHTS

- a. What have you realized/discovered about you during this Mental Detox process?
- b. Write anything that comes to your mind

7. REMOVE TECHNOLOGY AND CHIT CHAT FROM YOUR LIFE FOR ONE ENTIRE DAY

- a. Take that day to focus mainly on you and your family
 - i. Discover what you've been missing

Steps 1-3 are mandatory, steps 4-7 are highly recommended but optional. To get the most out of the Mental Detox, you must be **true to yourself**. This Mental Detox is personal and is totally up to you to complete the full task in order to **succeed!**