

# DESTINATION SLOWDOWN:

*5 ways to train your brain to stay on the tracks*

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*When your brain is in a spin...*

**1**

Slow your thoughts with deliberate acts of grounding. We do that by refusing to let our brain slam thoughts back and forth in our head like we are at a ping pong tournament. Deep breathing even for 3 minutes helps us change speed. Breathe in through your nose filling your chest to the bottom of your stomach to the count of 4, hold for 4 counts, and then slowly release breath through your lips to the count of 6.

**2**

Recite your favorite mind Scriptures. Don't have one yet? Here are a few that will help. The more often you say them the deeper the ownership. Listen to each word. (ex. "You will keep him/her in perfect peace whose mind is stayed on Thee." Isaiah 26:3 "Think on these things, things that are good, true, pure, just, and lovely", Philippians 4:8 " 2 Timothy:1:7, etc)

**3**

Train your brain to respond to music. The easiest way is during non-stress times find sights and sounds that calm you. Listen to them often so your brain knows when it hears and sees them, that it is to immediately assist you in relaxing. It might be a music video or the sights and sounds of the ocean, birdsong, or children's laughter.

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Jot down your immediate objective (wash clothes, ask for help, get mail). If you try multi-tasking when your thoughts are already in a whirl they will start to flit and flutter even more, like a butterfly with hiccups. Do one thing at a time, slowly. S-L-O-W-L-Y. The idea is to recalibrate. Relax shoulders and jaw.

5

Drink a glass of water. Pace your swallows, it's not a race. It's a replenishing of losses from our stress reactions, a redirecting of our energy (stress drains energy), and a distraction from the spin allowing it to slow down..

*Write or find a prayer to carry with you that strengthens your resolve and comforts your heart. Say it often so when you need it most the words won't sound foreign or awkward to you.  
For instance...*

Lord, Thank you that You, the powerful Creator of heaven and earth, holds me together. I am not too needy, nor am I too weak, that you are not able to rescue me from dilemmas, discord, and my own drama. You Stalwart are my foundation, my sanity, my identity, and my refuge. I choose to trust you over my emotions. I trust you over a diagnosis. I trust you over opinions. I trust you over forecasts. I trust you over fear. I trust you with knees knocking and with my mustard seed of faith, knowing that You, Jesus, who have begun a good work in me will accomplish your purpose. And that Your ways are good and holy and Your heart is love. (say last line three times) Amen