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BETTER BRAIN BETTER YOU

HOW TO TELL IF YOUR HABITS ARE HEALTHY - INTRO

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Habits can bind you and Lead You Down The Rabbit Hole. They can destroy relationships and ruin your reputation. Unhealthy habits can even cause death but before we let it get that bad we will take the time to identify our habits which are behaviors we performed automatically, or the things we do on the regular such as routine activities. Things like taking care of our hygiene, things which are good or picking up several packs of cigarettes when the doctor told you to stop because of a health condition, a habit which is bad. At this point your brain is on autopilot. Don't worry it's okay, it's something we can fix and get you back on track.

Join me for a better brain, better your discussion and let's learn if our habits are healthy enough to continue or do we need to implement a plan to turn off autopilot within the brain .

HOW TO TELL IF YOUR HABITS ARE HEALTHY PODCAST

Hello my name is Kimberly Wright Davis, I am a Certified Master Elite NLP Practitioner. For those who are unfamiliar with NLP, Neuro is the mind, linguistics is the language, and Programming is rewiring. Basically I teach you how to learn the language of the mind using NLP techniques to rewire the brain to communicate with the body without creating bad habits, blockages, cycles and patterns.

Today we will be talking about **HOW TO TELL IF YOUR HABITS ARE HEALTHY**. Some of us have habits that calm the mind, some habits satisfy only for the moment. Whatever habits we may have, the question is, IS IT HEALTHY? Does

your habit make you or break you? In other words, is it good for your wellbeing, or has it become an addition? Habits are routine behaviors that are repeatedly done daily. So if you find yourself resorting to this particular practice ask yourself HOW MANY TIMES A DAY IS SPENT ENGAGING IN THIS MANNER? Because this will determine if the habit is healthy or does it deserve the boot.

Today we will be learning how to properly evaluate things we do routinely. Throughout the day what do you do that allows you to complete all tasks by the end of the day? Now ask yourself what causes stagnation, procrastination and incomplete obligations. Habits can motivate us to do well or it can interfere with what is important by distracting us for the moment. If you have a habit of cutting an individual off before they complete their sentence, you may not realize you disrupt their interaction with you. This habit was created due to not being heard, taken seriously, or wanting to get the point across before the subject is changed by the listener commenting about a specific topic or argument. This is an aggressive habit and is considered offensive so we know this is an unhealthy habit. If an individual consistently makes a checklist for chores, fitness, groceries, projects, etc and this has been categorized by the brain as an obligation these are considered to be healthy habits; because it does not interfere with the day, does not cause one to become negligent in multiple tasks that are important, and it allows an individual to complete routine task at the end of the day. We want to avoid habits that cause "putting off" or "Pushing Back" but to create habits or to keep healthy habits that help us achieve success through consistency.

Here are some tips, and minor techniques to do everyday to help you identify both healthy and unhealthy habits.

- At the beginning of each day or just before going to bed create a list of obligations.
- Under each obligation list what needs to be done to complete them.
- Create another list of unimportant things done within the day.
- Under each task list if it's healthy for mental and physical well being, needs a time limit for better time management, or if it needs to continue or be completely rid of.

Doing this every day or night will help eliminate some of the unnecessary tasks you list as important but are really not once you start to put things in order.

Let me also give you a list of herbs that help with irritability to help with frustration during the changes.

Lavender	Lavender relieves stress, lifts moods, and promotes sleep
St. John Wort	improves mood, reduces symptoms of depression, aids in irritability which is needed because trying to give up habits that are used to being done can cause frustration.
Valerian Root	Valerian Roots contain calming properties that helps with insomnia, but can be consumed in a smaller amount to calm the body reducing stress and irritability.
Passionflower	Passionflower has calming properties and is known for treating anxiety. Insomnia, stress, ADHD, and pain.

I know it may sound like I'm giving you remedies for sleep aids, but taking these herbs in a smaller amount like a cup can stabilize the mind to promote relaxation, which is what we want when we are committing to change. Not everyone reacts to change very well so these herbs can be a go to when you feel you are about to have that melt down. We definitely don't want you to get overwhelmed while trying to do better, it can have a reverse effect. Like I previously stated these herbs can be drunk as a tea but I always mention this in every podcast, please do self research to learn side effects or herbs that counteract each other. These herbs have been carefully selected for this particular topic and have been carefully researched to inform the audience of a more holistic approach to healing the body naturally. Please consult your physician before intake, and research the dosage amount to make sure you take the accurate portion.

Thank you for joining me for today's discussion **HOW TO TELL IF YOUR HABITS ARE HEALTHY**, please subscribe to receive daily **"TIPS FOR CHANGE"** to help maintain a healthy brain. Join me tomorrow as we discuss **"SET WAYS CREATE DANGEROUS HABITS"**. Make sure to follow us on all major social media platforms @MYSTICHAVENUSA. Support MYSTIC HAVEN NLP & HEALING PODCAST by subscribing and becoming a VIP member to receive exclusive emails, VIP topics only, events, prizes and gifts. Thank you for listening!