

- Jim Rohn

*The walls we build
around us to keep
out the sadness,
also keep out the
joy.*

Ψ Φ Mood can affect every aspect of your life, from your performance at work to your personal relationships. Being able to take control of moods, rather than have moods control them, is something all the most successful people have in common.

How to feel good and cope with whatever comes your way



In their new book, Dr Shane Pascoe and Dr Graham Law combine techniques from two powerful, complementary therapeutic approaches – Cognitive Behavioural Therapy and Mindfulness – to help you keep your spirits and confidence high and instil a more upbeat, positive, can-do attitude, come what may. Packed with practical information on how to start feeling happier and more positive about life, this expert guide to beating stress and anxiety will optimise how you deal with people and situations in life and at work. Here are some easy ways you can work in conjunction with your strengths; to maintain health and increase the likelihood of success.

DON'T PANIC When presented with a problem, slow down your breathing by counting to three on the 'in' breath and four on the 'out' breath. Hold onto the bit at the end of each breath – that relaxed feeling, that calm feeling. Do it now before you read on.

DON'T PANIC (Yes, it is so important we said it twice). You don't have to get everything done today. Small and achievable goals help build momentum, maintain motivation and give you a sense of achievement quickly. Think about the 80:20 rule and prioritise. The vast majority of your work is often achievable quickly by

focusing on a specific area and giving it your full attention.

SET A ROUTINE AND STICK TO IT Use your calendar to plan the rest of your day. When you are finished, ask yourself - what are you looking forward to in your day? If you have not planned something enjoyable, where will your motivation come from? Add something enjoyable in. What is the most challenging part to your day? What is the pay off? After accomplishing something difficult, give yourself a reward such as catching up with a friend or give yourself permission to have that something that you are denying yourself because you 'have too much work to do'.

EAT Think about what and when you eat. Poor food choices impact your health and mood directly. If you haven't packed your lunch today, when do you plan to prepare your meals for tomorrow? If you haven't taken time to eat today you have set yourself up to make poorer food choices the next time you eat. Stop, refuel and see the benefits.

FEEL GOOD The quickest way to feel good is to do something for someone else. Committing to volunteer might seem out of your reach but smaller acts of kindness for your workmates might help you on that road to feeling better by giving more to others. What is the smallest thing you can do today to help someone else?

STOP 'MUST' Your thinking impacts how you feel and

what you do. There are four words that tell me your thoughts are probably doing more harm than good. When you use the word **MUST** (or **SHOULD**) in your thinking you are not giving yourself any options and trying to use guilt to motivate your behaviour. Try using more carrots and rewarding experiences when you accomplish something challenging than just punishment or sticks.

STOP 'FINE' Tell it like it is. If things are wonderful then tell those around you the things you are grateful for. If things are not good then talk to someone about them. People are often more supportive than you think but you need to let them know for them to be even able to try and help.

STOP 'JUST' Just is a word often used to minimize the importance of something. This might be the effort you put in or the achievements you have earned through hard work. Instead of saying 'oh it was just a report', recognise the challenges we all face and say it like it is 'I am proud I got that report done'.

STOP 'CAN'T' By believing we can't do something, we create a self-fulfilling prophecy because we don't even try. Try to prove yourself wrong by attempting the very thing you say you can't do. Give it all your effort and then if the worst possible thing happens and you end up being right - great. You are in exactly the same place as you are now. If you are wrong though, you can approach other areas of your life with a more curious perspective and have more confidence that things can turn out for the better.

SLEEP Develop and maintain a consistent sleep schedule. This impacts on things you experience directly, like your concentration and energy. It also has positive impacts on weight management, your metabolism, your ability to be healthy physically, mentally and emotionally.

*Dr Shane Pascoe and Dr Graham Law's new book, **Feel Good: How to Change Your Mood and Cope with Whatever Comes Your Way**, is published by Capstone, £10.99.*



Could Kabbalah work for you?



In an elegant Georgian building down a discreet cul-de-sac by Bond Street tube station, almost one thousand individuals a week flock to study, learn and practise an ancient form of spiritual wellness called Kabbalah. So what is Kabbalah and what is the London Kabbalah Centre doing to draw and retain such interest?

Kabbalah itself dates back four millennia to the book of Abraham, in which the meaning and secrets of life were encoded. Thousands of years and a lineage of Kabbalah masters later, the Kabbalah Centre, founded in 1922, translates this rich and wonderful wisdom direct from its ancient scriptures, into practical tips and exercises that deliver real fulfilment and success to all those studying. And its history boasts a colourful array of celebrity students – the likes of Aristotle, Michelangelo, Columbus, Newton, Freud, Einstein, Plato and Pythagoras to name but a few.

The beginner's course is a ten-week foundation course (one hour a week, for ten weeks) that enables students to internalise valuable relationship, work and life benefits. All a new student is asked to do is to leave preconceptions and prejudices at the door and be willing to let go of self-limiting beliefs, attitudes and behaviours.

In exchange, a new student is introduced to a system that allows them to discover how every challenge has a concealed blessing. To perceive what the universe is trying to teach, to learn how to dig deep through conscious and unconscious layers in order to unearth, unlock and unleash one's full potential - to recognise one's unique attributes and life purpose, and how to overcome the obstacles that can hinder the path to greater clarity. Long standing students at the Kabbalah Centre attest to feeling more balanced, present and compassionate, seeing the bigger picture and holding a

greater peace of mind.

This explains why the London Kabbalah Centre has such a loyal and dedicated community of students. Quite often their family, friends and colleagues notice the positive changes, prompting them, in turn, to attend the weekly, free introductory lectures and events. It's this positive word of mouth that explains why the Kabbalah Centre's number of students keeps growing so dramatically.

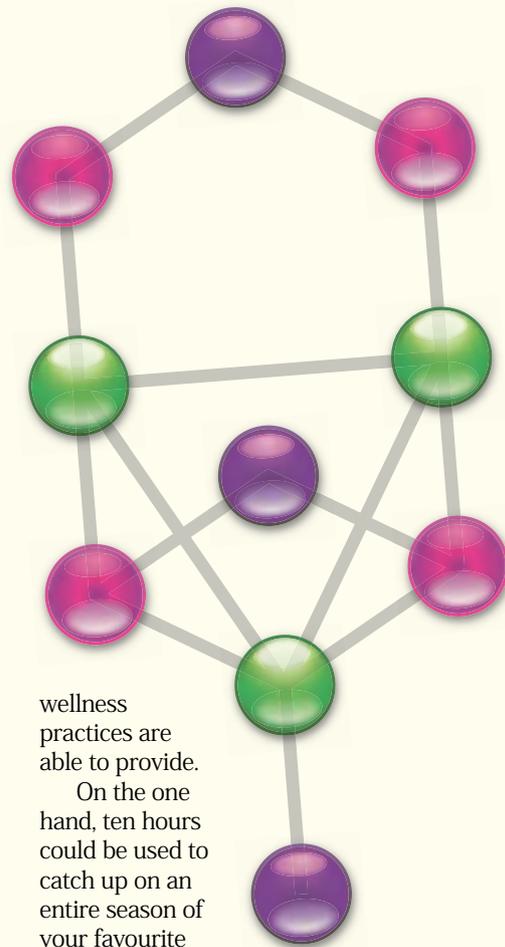
The introductory course to Kabbalah teaches very practical tools to help anyone achieve a sense of balance in the midst of their daily angst - not just in moments of retreat. A student's life is brought back to a natural balance using an extremely effective three-step process, beginning with the introduction of a key spiritual concept: we may not appear to be in control of the people and situations we find ourselves facing in life, however, we can always choose how we want to react to those outside influences.

Groups of two or three then engage in practical exercises that allow students to experience the feeling of pausing, breathing and acting, based on the understanding that the opportunity for change and growth is accessible in every situation.

The last step is in the form of real-life application. The individual is asked to try out these newly formed, positive habits in real life situations and share their successes and near-successes in the following class.

Slowly, you start to internalise an ability to remain strong, balanced and excited by life - because of the daily rat race and not in spite of it.

The London Centre's unique organisational structure means that its doors are open to all from 9am to 10pm most days, and that teachers, full-time volunteers and mentors in the form of long-practicing students are on hand to guide, encourage and challenge students in a way few other



wellness practices are able to provide.

On the one hand, ten hours could be used to catch up on an entire season of your favourite television show, to hit the gym ten times, or to watch five films at the cinema. The London Kabbalah Centre, however, recommends taking those same ten hours and using them to learn techniques that can help you to de-clutter your mind, replace anxiety with certainty and to become the best version of yourself. To expand your consciousness to a place where you can recognise the cause and effect of all things that have ever happened and will ever happen to you. To be able to experience the intimate connection between you, your soul, and the universe around you.

Some students make the study of Kabbalah an integral part of their lives, some dip in and out taking courses they feel are relevant and some just stay in touch with the people they met in the classes. The one thing they all have in common is that they are no longer in the dark about the meaning of life.

The Kabbalah Centre is a registered UK Charity and for a limited time, spaces on the foundation courses are free. If you're interested in finding out more information, visit www.kabbalahcentre.co.uk