

CHAOS IN THE CALM

HOME IS WHERE THE HEART IS!



**A GUIDE FULL
OF TOOLS TO
SUPPORT YOU
THROUGH THE UNCERTAINTY
AND CHAOS TO
THINK, FEEL AND ACT
PRODUCTIVELY**





www.mbrainingtheworld.com

**This workbook is dedicated to the memory of
Grant Soosalu
co-founder of mBraining.**

**We are forever grateful for his wisdom, friendship
and generosity to the world.**



Welcome.

While across the globe we collectively take a breath and adjust to our new, yet temporary reality, the practice of compassion, courage, and gratitude are now more important than ever.

We know that whilst we cannot control the events and circumstances, we most certainly can control our actions and emotions in how we respond. The key here is to focus on what you can control and act on, making choices from a place compassion, rather than fear.

Based on neuroscience, this workbook has been designed specifically to support you through this time of uncertainty and chaos and take you to calmness. It's full of tools to support and help you to think, feel and act productively while supporting you to focus on positives, find the silver lining opportunities and all that there is to be grateful for in our world. In your world.

Let's start by taking a deep breath, letting your shoulders drop and allowing with each breathe to let go of any tension in your body. Connect with your hearts' desire and breathe deeply into your belly exploring what actions you can take that will support you and your family through the weeks and months ahead.

Now that you are relaxed with an opened mind ready to map out a plan for the weeks and months ahead, tap into your intuition and without judgement respond to each of the following exercises.

Every day we all express gratitude as common courtesy and good manners. We express thanks to family members, work colleagues and perfect strangers. Yet, have you ever stopped to consider the meaning of gratitude, and what you are truly grateful for, the benefits and how it makes you feel?

Gratitude – more than a feeling

Gratitude /'gratɪtju:d/

Learn to pronounce

noun

the quality of being thankful; readiness to show appreciation for and to return kindness.

"she expressed her gratitude to the committee for their support" Similar:

gratefulness, thankfulness, thanks, appreciation, recognition, acknowledgement

Research has shown far-reaching benefits of gratitude, in that people who practice it daily experience fewer aches, pains and are generally in better physical and mental health. In fact, practicing gratitude daily helps create a habit where we focus on the positives in life and builds greater resilience in challenging times.

There is no doubt this current pandemic has caused much grief, loss, fear and uncertainty, however there is also much to be grateful for including.....

People are finding new and creative ways to connect.

Our health care workers, our saving angels, are finally receiving the recognition they deserve.

Parents are home with their children spending quality time.

Families who live together are reconnecting, sharing home cooked meals and establishing newfound routines.

There are random acts of kindness happening all over the world

The things that used to seem so important are now insignificant, and the little things in life have so much more meaning, like hugging family and friends, dining at our favorite eatery.

New connection and communities have been formed.

Through necessity businesses are discovering new and innovative ways of doing business, mostly online.

The traffic, long queues and pollution are gone.

The air is cleaner, rivers are becoming pollution free and the world is quieter.

Suddenly we have time.

Time for space.

Time to take a breath.

Time to stop and reflect on what our heart truly desires.

Time to stop and smell the roses.

It is like the reset button for the environment and humanity.



Now we know some of the benefits of gratitude, here are some of the various ways you can consistently practice it and make it a part of your daily life to ensure you gain maximum results.

Gratitude is a form of connection

Take a moment to reflect on someone who has made an impact on your life, what have they done and how has it made a difference for you? With that gratitude in your heart connect with this person through a handwritten letter expressing your thanks. Yes, I mean on real paper, and then put it in a real envelope with a stamp. Then go post it! With this beautiful expression you are guaranteed to feel uplifted, and no doubt they will appreciate your sentiment.

Gratitude Jar

Ever heard of a swear jar, well this is kind of the same concept yet with much better outcomes, and there is no money involved! I started doing this a few years back, and every time I experience something that makes me happy or that I am grateful for like an accomplishment or an act of kindness, I write it on a piece of paper and pop it in the jar.



It could be as simple as I was grateful for the extra care the barista took making my morning coffee, or the courageous action I took to achieve one of my goals. It is always something that feels like a win. On New Year's Eve as I reflect on the year that was, I empty the jar and with delight read all the things I have accomplished and am grateful for.

The result is, I have an instant appreciation for the people around me, myself, what I have achieved, and it serves as a reminder that I have done more than I thought.

Make it fun

Connect with your family at the dinner table in a different way by starting a Gratitude Ritual. As you all gather around the table with love and compassion share one thing you are grateful for about one person at the table, each picking a different person. A heartwarming and connecting experience.

Your kids can get involved as well, and in fact this not only ensures they create this beautiful healthy habit for life, it also connects you with your kids on a different level. Make a game of it when putting your kids to bed and take a moment to ask them three things that they are grateful for in their day.

Each morning when you are brushing your teeth, look in the mirror and take a breath with love and self-compassion, say thank you for you. Thank you for something you like about you. Thank you.

Gratitude walk

Notice your surroundings with all your senses. Go for a walk in your garden, local area or walk a different way to work and pay close attention to everything you see, smell, hear, and feel. Notice the sounds of the birds, the smells of nature, the feeling of the air on your skin and the path or grass beneath the soles of your feet. Enjoy the sensory feeling that is gifted to you. Oh, and leave your phone at home!

Protect your nervous system

In a world of constant technology, we are inundated with social media, television, computer screens, and all other matter of tech devices. Too much exposure to this coupled with daily stresses, and our nervous system becomes frazzled and fragile leading us to negativity and difficulty in making good decisions.

Be protective of your nervous system and stress levels by allocating time out in your day as "tech free." Place your hand on your heart and breathe deeply. Breathe and feel your heartbeat, and with every breath, in feel the magic of being alive as you let your shoulders drop. With every breath out, let go of the negative thoughts, energy and feelings. Your nervous system will thank you in so many ways.

Gratitude journaling

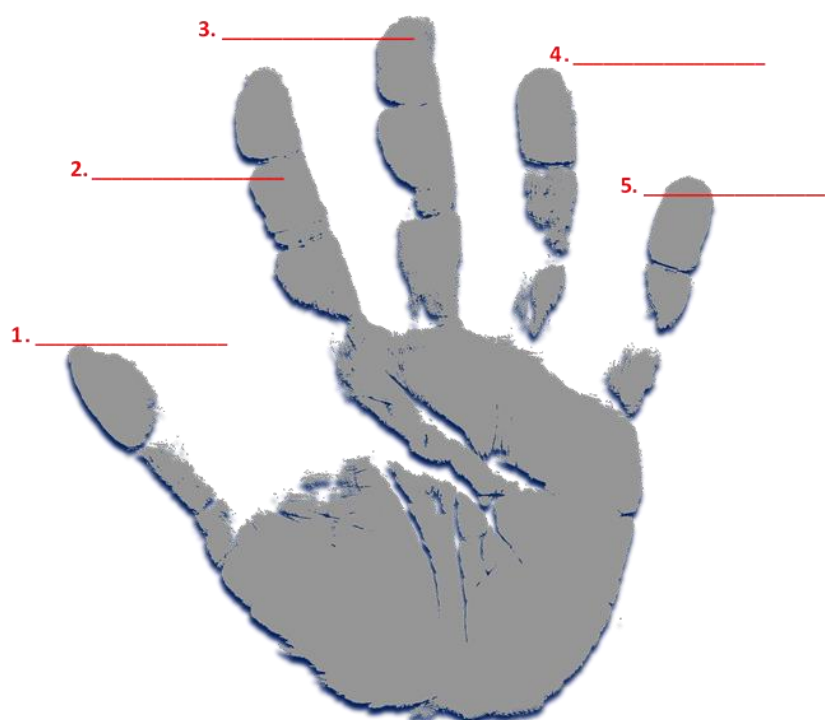
Using your journal or the gratitude journal activity provided below write down five things you are grateful for today. These can be small or big things e.g. the delicious vegetable pie you had for lunch today, or the movie you enjoyed watching ... or relatively big e.g. thank you to my heart for beating constantly and keeping me alive, or for the medical staff that are working so hard to keep us safe. No matter how great or terrible your day, think of at least one thing you can be grateful for.

Here is how to use the "5 Things" Gratitude Journal Tool.....

Create a habit where you do it regularly, when you wake up or before you go to sleep, and you can use this anytime or anywhere you like.

Print this page out, and maybe you might like to print a copy for a family member, friend, or coworker.

- With your hand on your heart breathe deeply and focus on bringing up the emotion of gratitude, focus on what are 5 things you are grateful for, it could be a person, memory, pet, or something else. Now write them on the hand below.
- Tip – when having a challenging day, take a breath and count on each finger the people and things in your life you are grateful for. Feel the difference!



Grab a notebook/journal, a cup of tea or your favorite beverage and make yourself comfortable.

Did you know it takes 21-30 days of repeated action to create and establish a new habit? Habits are the things we do almost without thinking – some are good habits and some not so good. To help you get the best out of this time in lockdown isolation and put your own success on autopilot, let's start by looking at your daily routine and get clear on the productive actions you can act on.

An example may be starting a morning ritual that sets your mind and body up for the day, keeps you focused and helps you make better decisions.

A daily ritual could be similar to the example below.

7am	Morning meditation and balanced breathing
7.30	Morning walk
8am	Daily gratitude
8.15am	Breakfast
8.30	My 3 priorities for the day
	1
	2
	3
9.30pm	Nourish my body with rest/sleep

Find your daily routine that works for you, commit to doing it each day until it becomes a habit just like brushing your teeth, your body and mind will thank you.

What would your ideal day look like? Feeling deep into your belly (your intuition), write a list of your 3 priorities for the day, things you can do today that will give you more joy and happiness.

1

2

3

Now imagine you secretly knew what to do next. What are the things you can act on now and, in the coming weeks that you will look back on 30 days and thank yourself for doing.



When you achieve your 3 priorities each day, and the other projects in the days that follow how will you celebrate and acknowledge your achievements?

What makes your heart sing?

What is that you truly yearn for?

What can you become curious about during this time?

We all have days that are great, and some not so great. Remind yourself what you will do, and who you can connect with, to support you on the not so great days.

How can you creatively and compassionately express love and kindness to yourself and those around you?

What steps will allow you to lift your spirits to come alive and act on your what you see?

How will you stay connected with family, friends, and work colleagues? Do you have neighbors to check on?

What new skills can you learn that will help you for future work opportunities?

Imagine it's now 30 days from now, and you have taken action on all the things you have written about here, what will you be saying to yourself, what will your family and work colleagues be saying to you?

For example, it's now the 30 May 2020 and I am feeling content and so grateful for our newfound routine my family and I have established, we are regularly eating nourishing food and exercising and it feels great. I now love having a dedicated time each day to spend time alone, without phones or any distractions while I meditate. Wow. Who knew I could love doing this? Meditating each day with self-compassion has been so good for the creativity of my mind, I am clear and more focused. I am also excited that I learnt a new skill by doing an online course which will open new opportunities for me, it took courage but I'm so glad I did it. I am so grateful for the people around me, and the new connections I have made.

You get the gist.....now it's your turn.





Time it is time to move....move the energy in your body and sing and dance. Below are some suggested tunes to get you started.....

30 Uplifting songs guaranteed to warm your, lift your spirits

Breathe	Anna Nalick
Anything But Ordinary	Avril Lavinge
Let It Be	Beatles
More Than A Feeling	Boston
Hungry Heart.	Bruce Springsteen
I'm Alive	Celine Dion
Right in front of you	Celine Dion
Stop trying to steal my heart away	Damon Elena
Miracle Of Love	Eurythmics
Right Round	Flo Rida
It's Your Life	Francesca Battistelli
Born To Be Somebody	Justin Bieber
Hot 'n Cold	Katy Perry
Can't Get You Out Of My Head	Kylie Minogue
Could I be You	Matchbox Twenty
Heart Of Gold	Neil Young
You Get What You Give	New Radicals
If Everyone Cared	Nickelback
If Today Was Your Last Day	Nickelback
Reach Out Touch Somebody	Noiseworks
Time of our Lives	Paul van Dyk
This Love This Heart	Phil Collins
When You Say Nothing At All	Ronan Keating
Listen To Your Heart	Roxette
Faith of the Heart	Russel Watson
Truly Madly Deeply	Savage Garden
Every Breath You Take	The Police
The Strange Familiar	The Strange Familiar
Beautiful Day	U2
Searchin' My Soul	Vonda Shepard
Om Shanti Shanti Shanti	Vyanah

IN CASE YOU FORGOT TO REMIND
YOURSELF THIS MORNING...
YOUR BUTT IS PERFECT. YOUR SMILE
LIGHTS UP THE ROOM. YOUR MIND
IS INSANELY COOL. YOU ARE WAY
MORE THAN ENOUGH. AND YOU
ARE DOING AN AMAZING JOB
AT LIFE.

Check out the next the page where you will find 31 ideas of things you can do to courageously, compassionately and creatively think feel & take action on during lockdown of COVOID 19.

LISTENING TO YOUR
HEARTS GREATEST
DESIRES AND CREATE A
VISION
BOARD
DREAMS



FEELING DEEP INTO YOU BELLY AND YOUR
INTUITION WRITE OF LIST OF ALL THE
THINGS YOU CAN CONTROL AND ACT
ON NOW

PLAY YOUR
FAVORITE
MUSIC AND
SING TO YOUR
HEARTS CONTENT



DRAW, COLOR
& CREATE
WITH COLORING
PENCILS OR PAINTS

CONNECTING WITH
FAMILY WATCH A
FUNNY MOVIE,
TV SERIES OR
AND EDUCATIONAL
DOCUMENTARY THEN
DISCUSS IT



GET LOST IN A GOOD
BOOK THAT TAKES
YOU ON A
JOURNEY AND
WARMS YOUR
HEART

WATCH THE SUNSET THE MAGIC OF
THE DAWN OF A NEW DAY

31 THINGS TO
CREATIVELY,

REST YOUR
BODY WITH
QUALITY
SLEEP

MAKE A GRATITUDE JAR
EVERY TIME YOU ACT ON
SOMETHING THAT MAKES
YOUR HEART SING WRITE
IT ON A POST IT AND PUT
IT IN THE JAR

OPEN YOUR MIND TO
CREATIVITY
AND NEW
POSSIBILITIES AND
OPPORTUNITIES

CONNECT WITH
FAMILY THROUGH
PLAYING A FUN
BOARD GAME



CREATE A
FAMILY
VISION

COURAGEOUSLY & COMPASSIONATELY
DO TO

THINK, FEEL & TAKE ACTION DURING
LOCKDOWN OF COVID19

WRITE YOUR
BUCKET LIST



LEARN TO
COOK A
NEW RECIPE AND ENJOY
THE DELIGHTS OF
DEGUSTION

NOURISH YOUR BODY
WITH WHOLESOME FOOD



WRITE THAT BOOK YOU
HAVE INSIDE
YOUR HEART AND
CREATIVE MIND.
THERE IS A SPACE ON
SOMEONE'S BOOKSHELF
WAITING TO READ
THE MAGIC OF YOUR
WORDS.

MEDIATE AND
GROUND
EACH AND EVERY
DAY.
A SIMPLE
PRACTICE WITH
PROFOUNDLY
SIMPLE RESULTS

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DECLUTTER YOUR
HOUSE, AND WITH
COMPASSION TURN
YOUR TRASH INTO
SOMEONE ELSE'S
TREASURE

WRITE ABOUT THE
HUNGER INSIDE YOU
THAT YOU CAN TAKE
ACTION ON - NOW



TAKE TIME OUT EACH DAY
TO BREATHE DEEPLY,
CONNECT WITH
YOUR HEART SPACE AND
ACKNOWLEDGE WHAT YOU
ARE FEELING

GET CURIOUS WHAT
NEW SKILL CAN
YOU FOCUS ON
LEARNING

REMEMBER THAT NEW YEARS
RESOLUTION YOUR HEART
DESIRED, ALLOW THE
INTUITION IN YOUR BELLY TO
MOTIVATE AND ACT NOW TO
MAKE IT HAPPEN

DANCE LIKE KNOW NO ONE
IS WATCHING AND KEEP DANCING
EVEN IF THEY ARE

LET GO AND DECLUTTER.
UNSUBSCRIBE FROM
EMAILS SUBSCRIPTIONS



MOVE THE
ENERGY IN
YOUR HOUSE
BY SIMPLY

SEND A MESSAGE TO CHECK
IN WITH FAMILY,
FRIENDS AND WORK
COLLEAGUES



OPENING THE
WINDOWS,
MOVING SOME
FURNITURE



LIGHT CANDLES
AND TAKE
A RELAXING
BATH



WITH YOUR HAND ON YOUR HEART AND
TAKING A DEEP BREATH ASK ...
WHAT WISDOM DOES MY HEART WANT ME TO
KNOW IN THIS MOMENT?

MOVE YOUR BODY,
SHAKE, JUMP, RUN,
STRETCH

