



23 Conscious Tips For An Emotional and Mental Reset

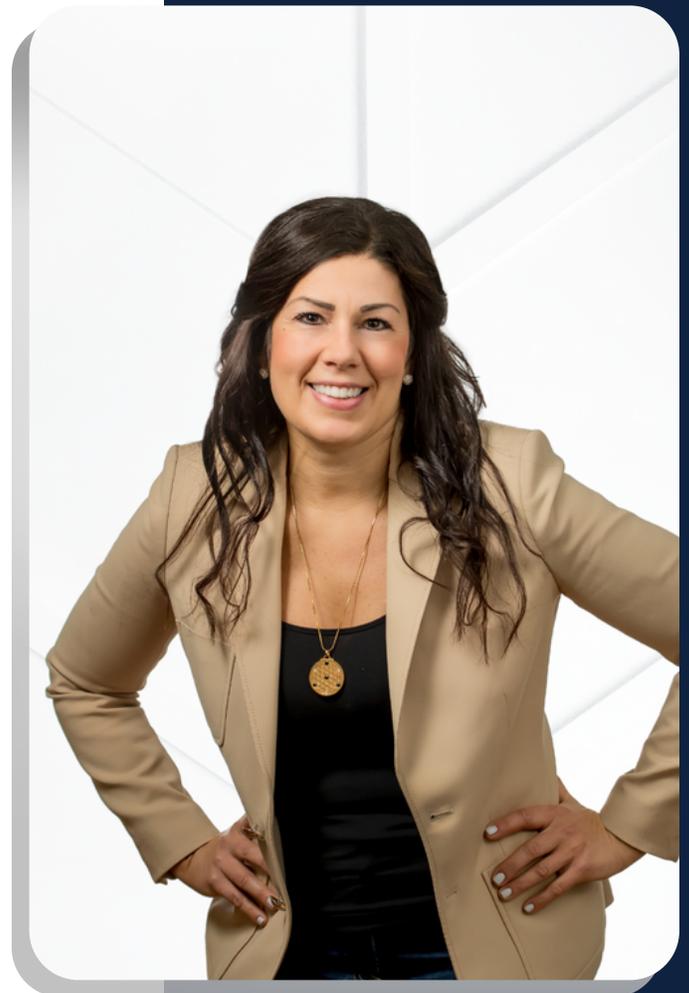
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Introduction

I have been working as a certified Coaching Professional since 2017. I specialize in helping people identify and achieve their personal goals by coping with the issues that are causing them distress, anxiety, and mental and emotional stress. I take great pride in the progress and success of my clients and look forward to creating a sacred space for you to gain awareness and higher states of consciousness. My intention is to end world suffering as I awaken one person at a time. I welcome you to own your own power as we create a bridge into the new world.

-Joann



Tip 1 - Need to Explain?

Why do we feel we always need to explain ourselves to people? Let me provide you with some examples, okay? Think about it, we decline an invitation and we feel we need to explain, why? Our parents call us to come to an event or gathering, we need to explain. A date calls us, and we need to explain to them why we cannot attend or make up an excuse why we can't see them.

Our child wants to visit with a friend and we lie to make up an excuse of why we cannot attend. Why?

Well, I am going to share why. The ego comes up as a defense mechanism and feels as if it's being attacked and needs to protect itself. We need to prove to others we have a reason to make ourselves feel better.

Tip- "Just say, while I would love to attend your event, I am afraid I cannot.

Or

I have another obligation

Or

How about we reschedule, even though I still would love to see you...

No more long texting or paragraphs. Say what you have to say and mean it! We do this in relationships and play games with the others to have power over them and feel superior, even though we say we are not.

The conscious way is to just say yes or no...while staying kind and in your power.

Tip #2- Discernment About Things

Ask yourself if you discern and check in with yourself about things. Do you?

Do you create a story around certain aspects about yourself or about situations that are happening around you?

Do you trust yourself and the feelings that come up certain circumstances?

Ask yourself, "Is that your "higher self" or intuitive self -talking or someone else?"

Really, asking the question makes all of the difference.

Start to pay attention to the "mind" and voices. Look at any repeating words or sentences coming up in your head. Write it down. A real big one is, "What's the use". Do you often tell yourself this? Did your parents talk like this, or is this a part of you that is still a child and not healed?

Say to yourself, "Who is this?", "Does this feel right?", Does this make sense? Would "God" say this to me?

Watch the energy of consciousness that can come up- victim/perpetrator. It may be from a past life, or past experience.

Belief around what your mind is saying....is it true? What do you believe about yourself and is this a reality?

Do you need to surrender and create a new belief or mind food. You can also do a pattern interruption- Say to yourself, NO stop! I AM NOT GOING THERE WITH YOU MIND. I am choosing different this time. That's not me, that was when I was little and don't believe that anymore. Everything takes time and I am doing this. Use your own words about what you believe or want to create in your life.

Tip #3- Emotional Triggers - What To Do If You're Triggered and Out With Company or Public?

We can all get triggered all of the time! Sometimes, it will come at the worst of times, at dinner or while you're out with friends or with a partner. Agree?

Well, the very best thing you can do is to remove yourself and find a bathroom. Go into the bathroom and put your hands on your heart and breathe into the heart 3x. Allow the breath to go into your heart and tell yourself that you will address this later and ask God to give you life force energy and clear the energy that is present. Master over your emotions and tell your mind what it is going to do.

Tell yourself you are safe and that its okay. It's important that you acknowledge what is going on to support yourself and that you are fully listening. Later on when alone, you will need to address what came up.



Tip #4- Mind Not Shutting Up (Chatter)

- Go work out and move the body or go for a walk.
- Meditate
- Change where you're sitting and/or change the environment
- Dance – put some music on



Tip #5 - Judgement of Yourself and of Others

Do you find yourself judging others? Do you find yourself always judging yourself?

Stop worrying about what other people think.

You usually don't have evidence that people are talking about you, and even if you did what good would this do? If you don't like yourself or judge frequently, then take a look at yourself and see what you want to change or where you want to grow.

Maybe, pick up a new hobby, clean, purge clothes, and rearrange a room.

Tip #6- Irritation About Someone

Take a look at whatever is irritating you. Everything that irritates us about another can lead us to understanding ourselves much better. Usually, it is a direct reflection of them to us.

Simply ask yourself;

Do I act that way?

What about them upsets me?

Do I also have this particular behavior or what do I believe about that...it will help you better understand yourself. Usually nothing irritates us unless, we see a reflection of ourselves or we want control.

Tip #7- Feeling Rage, or Deep Anger

Usually, the feeling of deep rage/anger is grief that is suppressed and a lot of sadness that has been repressed. A really great practice would be to write out any loss that you have had past or present....

What has angered you?

Who has angered you and what did they do to cause this to you? What did it make you feel?

It's important to address the grief so that the deep anger/sadness and hurt can release.

You can also try acupuncture, breathwork, and pressure points so, physically that can also help.

Also, sitting in meditation alone- asking yourself what happened.

Writing a letter to the person that hurt you and has angered you to release the emotion- you can choose to give them the letter or not.

Support yourself and acknowledge that it is okay to feel what you are feeling and that you're human.

Tip #8- Anxiety/Fears Coming Up

This means you are having negative thoughts in the now about the future...or your life is going to repeat itself in not such a nice way.

Get a notebook- Write FEAR at the top of the page. Keep writing about what you are afraid of...keep going until you know you're complete. This will help you move some of the energy and you will become more present.

You can also journal about where you developed this.

Check out Holistic herbs/Modern medicine for relaxing/Essential Oils.

Who else had this in your family?

Anxiety is also the lower mind telling you "You are in danger" This happens when you're moving through growth or life's challenges. The mind doesn't like change or uncertainty. Right?

Be compassionate with yourself and help yourself. Nourish, go by the water of some sort, eat some really good food, and get outside in general!

Feel the fear and do it anyway. Most of the time, the fear is only present to show you to be careful...doing something new, new school, new home, marriage, divorce, etc.

Talk therapy, counseling, coaching, shamanic work and Energy therapy supports you here as well!



Tip #9 - Addiction

Shadow of Addiction (which is a part of you...the darker aspect of you that has not been accepted) - what vices do you turn to when the trigger gets too much to bare?

What do you do to avoid addressing yourself and doing your work? Be completely honest with yourself, about food, alcohol, cigarettes, late-night events, smoking pot, sex, watching porn, escapism, shopping, etc.

What are they and start to notice when you turn to these addictions?

The shadow of addiction is there to show you something else.

Are you listening? It is a scream for something much bigger. It telling you that YOU ARE AVOIDING. It usually a deeper pain that needs to be seen, heard and spoken to. Chances are you are repressing and avoiding.

Get a notebook, and start writing about it. See what comes up- just try this this one time!

Stop running away from yourself. Face yourself and what's happening and stop making yourself wrong for feeling or making yourself wrong for what's going on.



Tip #10- Confused /Stuck/Tired of Life The Way It Is

Over a 30-day period watch yourself so closely that every thought you think you question. Ask questions and observe and observe again. Are you acting and listening for the shadow of pain (shadow) or pleasure?

What's next with life? What do you really want for yourself?

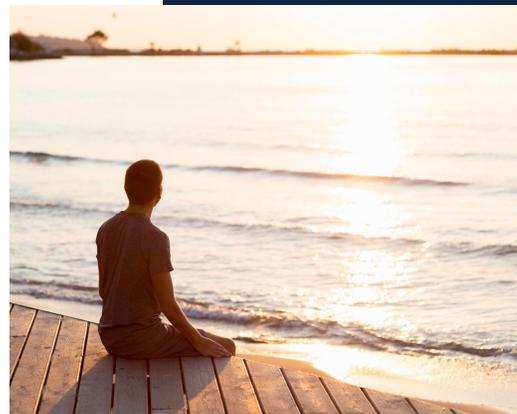
What is in the way and has not integrated yet into wholeness?

Where are you headed?

What are you truly afraid of?

Energy Movers- Clean out a room or closets, give away items, paint rooms, or change colors around the home or give clothes away.

Go for a holistic treatment; Reiki, Massage, Acupuncture, or walk in nature or be by the water.





Tip #II- Issues with Relationships ...

Go for a Deeper dive into childhood trauma and what your parents' relationship was like.

How did they show love?

How did they show you love?

What did you have to do to earn love or get attention? See if you are experiencing this in your relationships.

Write out your beliefs about partnership and love. You will be amazed. - Now, once you know you have the power to pivot and shift the consciousness.

Some good questions to ask yourself;

What is your definition of love and what does it look like and feel like to you?

What do you have to do to earn maximum love and acceptance from your families and peers, and past partners? And/or what did you have to play to keep getting that love?

In what ways does your definition of love mirror or differ from what you had to do to earn it. What did you have to do when you were younger to receive love?

What belief systems did you develop?

What did you get in return from your parents when you did not act "accordingly"? How did you take what you learned when you were younger and played it out in relationships today?

What is your trauma from relationships? How do you see love and what do you see love as?

What did you have to do to receive love from others?

When do you feel unloved and what triggers come up for you?

Tip #12- Obsession Thoughts or Energy

What are you obsessed about?

What do you continue to think about that you cannot have? The “thinking” that you can not have it is the obsession part. Oftentimes, the more that you think about things over and over is the fact that you think you cannot have it and is far from your reach.

Go workout

Listen to the thoughts you are thinking- write them down. Often the thoughts you are thinking are in a “looping” what are you being from is also another good question.

Tip #13 - Casual Relationships to Committed Relationships In Our Life

Protect your heart; your responsibility is your path that's it. It is not to control someone else and their emotional status. Your job is to monitor where you are every day of your life.

Are you in a suffering state or a beautiful state?

-You always have to assume that your feelings will grow in all relationships.

-Set a goal and achieve the intention of that relationship and release the outcome.

-If a man/ or woman is not showing interest, then you need to move on. Remember, that it may not be in the way you “think” it should be. It will be the way that he thinks he knows how.

-Black/Blue heart syndrome. Meaning you have allowed the man to take over emotionally in your being.

Tip #14 - Open For the Right Timing - Getting Impatient?

Open your heart to the right guy. This means being vulnerable and open. This means sharing what you feel. This means communicating what you feel and how you feel and not letting fear get in the way. Women want to feel emotionally safe and if they do not, they will not share.

Women need to bust through their fears of being rejected, fear of not being liked, and fear of being abandoned if they remove the mask off their soul.

Men need to look at their addictions, faults, and how much they run from their feelings.

- Be honest
- Be respectful
- Be authentic

Script writing what type of relationship you would want.

What would that person look like? What would you want them to look like, how would you want to feel in your relationship?

What are the top 3 emotions you would want to feel? Stay with those feelings. Start to give yourself love and do things for yourself. Look at where you can love yourself more.



Tip #15 - Know Your Worth

-You need to bring value to the table and it can be easy and effortless. All you have to do is be your most authentic self and embrace who you are unconditionally.

-Women need to continue working on themselves and heal their emotional bodies and trauma childhoods, father relationships and move back into loving and embracing the self. Focus on the heart – cleaning out the heart of bitterness, resentment, anger, and jealousy.

-The only way a man will commit to you is if it is more fun being with you than being single.

See, some men like variation and trying many things out. If you offer much more than thata spiritual ignition, an emotional connection (helping the man trust that he can speak to you and share his deepest secrets and trauma without any judgment), and a mental connection of mental explosion of exchange. The mental body thirsting for more, sharing, connecting and the man being left hungry- and vice versa.

-Being a high value-woman; trusting yourself, holding Shakti energy, and being “wife” material. There is a difference belief or not. Look at where you have not held power within yourself and move from that energy.

-Seek to build and not destroy. Be observant to where you are headed rather than where you were or where you think you should go.

Tip #16- Making More Aligned Friendships/Partnerships

Be the best friend that you would want to have. Look at your views/beliefs around relationships and love. What are they?

Most women/men do want a relationship – a partner in crime. Basically, a best friend that they can have sex with. Talk to people listen without judgment of where they should be and what you think they should be.

Take yourself out.

Buy yourself a gift.

Watch your words to yourself, almost like a parent to yourself. Stay conscious of your thoughts and what your thoughts are feeding your mind and soul. Usually, a lot of our thoughts are not even ours.



Use your relationships to grow yourself too.

When you get triggered by someone's actions or behaviors, look at how you may also carry the same issues or reflections. Many times, the other person is reflecting back to you where you need to grow.

Get out and mingle! Look to go outdoors and join some new groups and make new friends- check out places for hobbies and other groups where others may also hang out and go. Usually, you will connect with others that enjoy the same things.

Tip #17 – Women! Trouble with Dating and Connecting with The Most Aligned Person

6 guys you will date prior to getting married. See if you notice this.

1. **Freedom Fighter** - the guy who is fighting for his freedom and is not interested in a relationship but, wants to have fun anyway that he can. (He is looking to attract casual sex and many women) He is basically living in fear of commitment and is not willing to commit. Players. Don't question anything else. Trust what they tell you. Let the "hope he will change and fall in love with you, while you manipulate him". Women will want to reject these guys and respectfully run.
2. **Player/Mind Manipulator** - Doesn't want to be tied down, but is confused inside and is allowing their fear from the past to run the show now. The guy is confused about their life and what direction they are headed in. Women need to avoid these guys. The guy will not understand any of this and will not even be aware of why he is not getting long relationships nor does he want one. Only concerned with mind manipulation.
3. **The Prisoner** - This is where you as the woman will need to assert boundaries and they will push your boundaries in many areas in your life. Either his behavior changes while we hang out or I will take myself out of this. You need to assert yourself and stay in your feminine power and not be afraid that you are going to say the right or wrong thing. It doesn't matter what he thinks honestly, only that you feel emotionally safe with him and he is respecting where you are in your life. He is going to have to come up to where you are because you are not going to his level. Confused- who, what, and where?
4. **Mr. Maybe** - Someone who is confused and also working on himself. This means he is open to a relationship full of growth but scared and unsure of where life is taking him. He probably needs guidance and has unprocessed emotional trauma from his past. This guy does want something, more for the woman, she needs to stay open and have patience. Don't stop seeing other men, and allow whatever encounters come up to be beautiful in their unfolding. Date and go for coffee with other men. Keep your options open. Remind yourself, that you are not in a committed relationship! Control yourself and continue doing your own inner healing.
5. **Mr. Ready or not** - Confused, but dating many others and not sure. Very open and willing, but his actions and words don't make sense.
6. **Mr. Right** - You will know!!!

Tip #18- Mental Reset Tip- Caring What Others Think?

Did you ever hear of the 5x5 Rule?

I didn't until I was reading one day and came across this article that spoke about how we let what others think of us, actually stunt our growth.

What have I learned? Well, if something bothers me in 5 minutes, I ask myself this.

Is this going to affect me in 5 years? If the answer is NO, then let it go. If you hear YES, then you better start asking yourself more questions.

The reality is we need to like ourselves.

We need to integrate aspects of ourselves, those parts that we find so very hard to connect with and the parts that we have repressed and placed under the rug so to speak. Sound familiar?

Listen, I am not going to say that it would be easy, but at least we would know where we stand with ourselves and get to know ourselves better.

Tip #19- Feeling Stuck

Move some energy

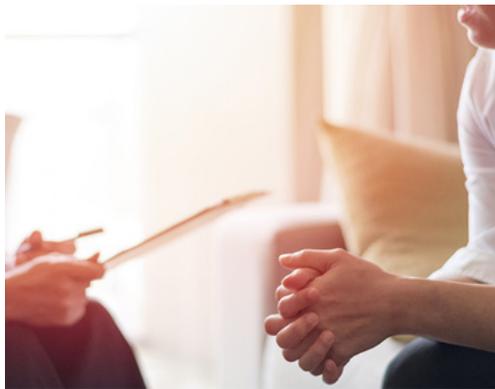
Clean out closets or rearrange some shelves or clean out a room

Clean out a phone book – reach out to 7 people

Ask yourself, where in your body do you feel “stuck”?

Get a coach /counselor!

Make a vision board for the next 3 months...Have some fun with it. Find photos online and get photos from canvas, magazines and google!



Tip#20- Multi-Tasking Thinking It Is Good?

It depends on what you mean by multi-tasking. Doing too many things at one time can mean trouble. That's because we lose focus and have scattered energy and are not conscious with the tasks at hand.

Tip- take breaths in between and try and bring you're breath back to one thing and finish it to the end.

Tip #21- What If You Have A Long List To Do and Are Overwhelmed?

Make another list – the most difficult at the top. (Number each item)

Do the most difficult thing first. Your mind is going to tell you that it's the hardest and do the "little" things last, but honestly it's not true.....Work your way through

Take 10 minute breaks after 2 hours- drink or walk around

Do as much as you can...and be sure to be crossing off one thing at a time once accomplished.

Thank yourself for how much you have accomplished! Feel accomplished and confident.

Tip#22- Feeling Frustrated

Many times, we can feel overwhelmed and frustrated with situations. Especially when we don't like things that are happening or the certain situations we are having to experience.

Ask yourself, "Where am I wanting things to be different?"

Do I want this person to act differently so I can feel better?

Practice acceptance and let everything flow. Ask your higher self to help you...

It's okay to step away from the situation as well and come back to it and tell yourself that you don't have to like what's happening either. Do your best to address what's going on.

Have compassion for yourself during this process, and you will be able to support yourself much better and don't forget to "breathe"

Tip #23 - Trust the Vibration More Than What You See

Sometimes we will feel more than what we see. Our senses will tell us something else. It's important to trust what you feel intuitively. Don't let someone or something tell you otherwise and abandon your feeling intuitively.

Some questions you can ask yourself, putting your hands on your heart while you ask; Is this the truth of this situation?

Is this my projection? (If the answer is no, then who's is it?)





Hope this helps you in your everyday world!
Stay conscious!

Best,

Joann Malanga

