



Push the "Clear Button" to Eliminate Stress

By Don Joseph Goewey

Transcending stress will give you the calm, peaceful attitude that's key to success.

You might think it ridiculous if someone told you that the one thing you actually control is your level of stress. And yet it's true, and it's a truth that can set you free.

We human beings are capable of generating all sorts of stressful events purely in our heads. These anxious thoughts flood the brain with stress hormones, causing the primitive brain to expand and making you edgy and drained of the savvy you need to transcend problems.

When persistent, these stress hormones become toxic, causing the higher brain to shrink. It's tragic because the higher brain holds the potential to make you great in good times as well as bad. The higher brain makes you a creative problem solver, sustains positive emotions, and helps you forge constructive relationships.

Take heart. All the damage stress has caused your brain is reversible. The approach to recovery couldn't be simpler. Below is a tool to move you in this new direction. It will help you collapse anxious, stress-provoking thoughts before they escalate into a full-blown stress reaction. Here's how it works:

Step 1. Push the clear button. Imagine a button at the center of your palm that sends a biofeedback signal to calm the part of the brain that generates stress reactions. Push the button and keep pressing it as you follow through with Step 2.


Step 2. Count to three. The primitive brain has the intelligence of a two-year-old, and like a two-year-old, it needs to be distracted. Your grandparents' advice to count to three does the trick. But here's today modernization on grandma's advice:

To further distract your primitive two-year-old from acting out, imagine each number as a color. See 1 as red, 2 as blue, and 3 as green, taking a slow, easy breath with each number you count.

Step 3. Let go. On the final breath, let go. Feel your brain relax. Bring your attention to the present moment. Be right here, right now, and smile gently, from the inside. Then go about your business with fearless self-confidence.

“The clear button reactivates higher brain power.”

By following these steps, you've escaped a debilitating stress reaction. Neurologically, you've switched control of your brain from primitive to higher neural networks where creative intelligence kicks in. Thus, you'll begin to see solutions instead of all the problems a brain under

stress tends to exaggerate. The clear button reactivates higher brain power, lifting you to the top of your game. 

Don Joseph Goewey has worked in some of the most stressful places on earth – from cancer wards to refugee camps to corporate offices – helping people transcend stress and fear to reach a higher potential. He co-founded a human performance firm, ProAttitude (www.proattitude.com), to end stress in the workplace. His book Mystic Cool (info@mysticcool.com, www.mysticcool.com) defines a proven approach to sustain peak performance and greater well-being.