

THE NON EMOTIONAL CONTRACT

Marie's mindfulness routine to help guide you into restful slumber and calmer days...



The Non Emotional Contract (NEC) is one of the many tools I use for clients who feel mentally and emotionally burdened, it has always been found very useful, so I hope it will be some help to you too.

Emotions are essential for social interaction and are the foundation of all relationships. However, when they are paired with work, family, financial and mental stress they can lead to irrational thinking, emotional and physical stress and increased anxiety.

The Non Emotional Contract is a practice to enable logic and bring about calm.

Once you remove the emotion from any issue you are having, it gives clarity in how to best cope and overcome it.

HOW TO USE

Every night before bed, write down everything that is bothering you. Categorise each comment into sections i.e. work, partner, family, finances, kids etc – remember there are no emotions attached to this, it should not be a diary entry but, rather, bullet points of particular stressors.

When it comes to a family members, we tend to attach feelings of guilt, disloyalty and betrayal by writing about them - by placing bullet points it relieves us of these anchors and helps us to understand the issues logically. Note down the issue, in just a sentence, and now think - are you in control of this? If the answer yes, then write down a flow chart with a few steps in how you can take control, without guilt or responsibility attached. Just write down some logical steps you can take to overcome it. If you can't do anything about the issue (this includes other people's emotions), simply put a line through and move on from it.

Make this a routine every night. You do not have to spend hours doing so, and it can be about the most mundane daily things, the point is to train your thought process. Do not worry about the after effects, (this is not you going out of your way to hurt people, this is you taking control of situations that bring the best outcome for your life, mental and emotional wellbeing) being assertive is not a negative thing.

See the next page for other ways you can clear your mind...

1

YOUR BAG OF RUBBISH

Before you rush out of bed each morning, place both feet on the floor and take a few breaths - being mindful of the sensation under your feet. Then, visualise a bag - what would your bag look like? Open it and ask yourself what you are prepared to carry today (remember you would have done the NEC the night before so this has prepped your actions of any worries or anxieties) focus on the things in your bag and take out the things you can't deal with, or have no control over. Close the bag and breathe again.

2

THE UNWANTED GIFT

If someone you knew very well gave you a beautifully wrapped gift, but you knew that inside there was a toxic poison that would cause pain and sickness, would you accept it? You may do in fear of offending the person, many of us do when we accept behaviour that compounds our own psyche. Let me tell you, when people say or do these things that annoy, irritate, hurt or anger us we are in fact accepting these unwanted gifts - we are in control of our actions, you can decline the gift. Even say out loud - 'That is an unwanted gift and you can keep that to yourself' - I have said it many times and it stops people in their tracks! No aggression, swearing and more importantly no taking on others negativity! Always bear in mind that people often act defensively or put others down to elevate their own self, it is a reflection of their own weaknesses and insecurities.

3

BITE SIZED MINDFULNESS

Start doing smaller mindful techniques throughout the day. This will help the analytical brain to calm, especially when you are feeling anxious. Talk to yourself internally while you're doing the smallest of things you can do this with anything: preparing food, eating food, doing your cleaning routine - anything, just do it a few times throughout the day for a few minutes.

4

HAPPY MEMORIES

Think of a time you were at your happiest. Capture the moment and relive it, mentally describing it, as through you are narrating it, as through you are narrating to a blind person. Relish every single detail. Was it inside - if so, look around and describe the decor - the chairs, what you were wearing and visualise the tiny detail of the clothes. Who you were with? what they were wearing? If outside, think of the weather, can you feel it on your skin - the breeze or the warmth of the sun. Play this memory through your mind's eye and if your head takes you elsewhere - begin the film again. Just spend a few minutes doing this, and if the mind is too busy - stop.

5

ELECTRICAL DEVICES

Get mobile phones and iPads out of the bedroom! Especially if you have difficulty getting to sleep or suffer with anxiety. This can impact sleep and also crucial rest and repair needed whilst we are in slumber.

6

AND BREATHE

Download the Wim Hof Method App and practise the breathing techniques every day. Start with one round then increase to four.

7

FOCUS ON YOU

EMDR is a method to help trauma and anxiety, please check out self administered, Blue Dot Technique on YouTube - or look on my website for the link.

For more skin, health and wellness content from Marie please visit the Journal section of her website.