

A Mixture of Feelings

Recipe card direction list

This document contains an extract from the 'A Mixture of Feelings' book. Additional directions have been added to this extract and will be included in an updated version of the book and eBook formats, which are available via Amazon (all territories), in due course.

There are 50 (original 44 plus 6 new) directions provided in this list. I recommend you read through them a few times, and give yourself time to reflect on them and become familiar with them. This will make it easier to recall them when you start working through a particular emotion later.

The Recipe Card Directions List contains additional information that is not shown in the recipe cards, contained in the book 'A Mixture of Feelings'. Simply because it would make it too busy and unlikely to fit.

Once you have become familiar with them, and start working with them, you will find what works best for you.

You can add more positive actions/activities to this direction list as you identify them. If you do have some great additions, I would love to hear from you via my

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Who knows, you may be included in future updates to this book.

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90 Second Rule

- Take 90 seconds to;
 - Recognise the stress/anxiety and watch it happen
 - Is the fear/worry real? Feel it happen. Work it through
 - Take a slow breath, then let it go. Watch it go away.
 - If you need more than 90 seconds, that's just fine.

Allow yourself to feel your feelings

- Don't try to hide them
- Feeling embarrassed around people you like is completely natural

Be nice to people

- Share your happiness with others
- Acknowledge others and use their name, when possible
- Listen to what they have to say
- Be polite and courteous
- Show empathy and compassion
- Look out for the people around you

Breathe/Breathing, choose from the following

Relaxation Technique

- Take steps while in the moment of this stressful emotion helps you focus on something you can control – your breathing
- If feelings are overwhelming you, take shallow breaths.
- Try breathing in through your nose and out through your mouth.
- Pay attention to inhale/exhale
- It will restore your conscious attention for full relaxed breathing
- Let your breath flow as deep down into your belly as is comfortable, without forcing it.
- Breathe in gently and regularly. Some people find it helpful to count steadily from one to five. You may not be able to reach five at first.
- Then, without pausing or holding your breath, let it flow out gently, counting from one to five again if you find this helpful.
- Keep doing this for three to five minutes.

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Rectangle breathing

- Breathe in for 3, hold for 1, out for 3, hold for 1.
- Trace this with your fingers or imagine the rectangle.
- Breathe in for 5, hold for 1, out for 5, hold for 1
- Repeat both until your breathing is steady

Intense difficulty/crisis mode/panic attack breathing for fight or flight stage

- Hold your breath for 30 seconds
- Catch breath for 30 seconds
- Repeat no more than 3 times
- The hold your breath for 30 seconds kicks in your bodies response to slow your heart rate.

Additional help can be gained from putting a cold ice pack on your forehead (with a barrier between, such as a towel or cloth). This tricks the body into thinking it is going under water and will respond naturally to keep you alive by reducing your heart rate.

Brighten someone's day

- Let others see your joy and happiness. It may brighten their day and make them smile. This is one way you can 'gift' to society.

Choose to see the good in people

- It will help you to see the good in yourself
- It will make you feel happier and more confident
- Speak words of kindness and love
- See others through the eyes of love and with compassion
- Be the one that finds the gold
- Train your mind to see the good in people
- Don't let others negativity impact you. Don't carry it around
- Remain above the negativity
- Be compassionate to their pain

Coach yourself, if it's difficult

- If your feeling self-conscious, use your internal voice to guide you
- It's only one feeling
- Give yourself encouraging words on how to go forward
- Raise your own self-awareness through personal development (identify what you can/want to improve or eliminate)

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Consciousness/Subconscious programming

(contributor: Tamara Mihályi)

- Think, say and do things that feel good and right for you
- Gain knowledge and insight into the power of your consciousness
 - Alter your state of consciousness (e.g. meditation, prayer, yoga, trance)
 - Raise energetic vibration
 - Elevate to higher level of consciousness
- Raise your own awareness of what's happening around you
 - What is contributing to your negative beliefs (e.g. media messages, negative communication) that you can identify and eliminate
 - Develop your logical mind through empowering thoughts (listen to positive affirmations during the day/during sleep)

Do what makes you happy

If there are activities that make you happy, then do more of them. Here are just a few ideas;

- Create/have fun
- Taking walks in the countryside, by the ocean,
- Hiking, trekking
- Exercise, being in good health/great shape
- Arts; painting, photography, ceramics
- Creativity; turn your home into somewhere special
- Enjoying time with pets/animals
- Voluntary work
- Reading / create your own library
- Listening to music
- Create daily/weekly schedule
- Meditation
- Interaction with others/social interaction or engagement
- Playing games/imagination; table tennis, team games
- Looking at photos from holidays/your past
- Remember the good times
- Spend time with friends/enjoy time with people / meeting people
- Hobbies; up cycling, cooking, gardening, crafting, writing, creativity
- Time with loved ones; family, special friends
- Sensual time with partner
- Travel / Adventure
- Achievement; accomplishing goals/targets
- Learn something new today/everyday

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- Visit people in care homes
- Save things that remind you of loved ones
- Singing/Humming
- Visiting museums/places of interest
- Peaceful / serene environment – sight, sound, touch, smell etc.
- Reviewing your strategy for happy living
- Update your *Lifebook* - stay on track and live your Life Vision
- Work on your dreams/goals that you've always wanted to achieve
- Being in the moment
- Appreciate your favourite things
- Explore new and different places, alone or with others
- Perform random act of kindness
- Create Vision Boards (physical or imaginary) – use imagination and visualisation to manifest your life, home, family, self etc.
- Play, with family, friends, children
- Teach children to read
- Volunteer in the community

Embody positive & empowering feelings

- Embrace who you are, not who you think you're supposed to be
- Be thankful for what you have
- Write down all the things you are grateful for
 - Today I am thankful for...
 - I really appreciate...
 - I felt happy today when...
 - I loved watching ...
- Focus on what you want; life vision
- Have the courage to dream bigger. Dreams can come true
- Empower yourself and you'll overcome obstacles
- Surround yourself with positive people

Emotional Freedom Technique (EFT)

Choose from a number of techniques that provide you with release from the emotions you are feeling

- Acupuncture
- Energy Medicine
- Neuro-linguistic programming
- Tapping (Meridian Points)
- Thought Field Therapy (TFT)

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Exercise

- Exercise is any activity that enhances or maintains your physical fitness.

Remember to build up gradually. Make sure you are medically fit before undertaking exercise. Speak to your health provider.

The following are just a few ideas you might like to explore;

- HIIT – High-intensity interval training
- 30 second burpees
- 30 second shuttles/high knees
- Push ups
- Half sits
- Squats
- Go to the gym
- Fartlek Training
- Dance
- Pilates/Yoga
- Cycling/Spinning
- Walking/Hiking
- Skipping
- Swimming

Five Senses Technique

- Sit in a comfortable position and focus on your breathing
- Isolate each of your five senses
- Spend one minute each focusing on the specific sensations of each
- Notice what you see, hear, taste, smell and touch

Focus on positive energy/elevate your energy to positive/be positive in your thinking

- Imagine your energy as two ends of a thermometer
- HOT = POSITIVE
 - Causes everything in that area of your life to be going smoothly
- COLD = NEGATIVE
 - Causes everything in that area of your life to be a series of problems and struggles and changes your circumstances
 - Elevate your energy to the positive, gradually changing your beliefs and your circumstance

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Forgiveness

- Be kind and forgive yourself
- Take time and forgive others
- Forgiveness will release my negative emotion & thoughts

Forgive & Flow

(Contributor: Dani G)

- Imagine talking to each person who you felt had hurt you
- Tell them how you felt
- Thank them for their part in your life
- Imagine them filled with white light,
- Send them floating on a raft down a river, far away from yourself
- Wish them all the best

Get Help

FROM OTHERS

- Talk to trusted family, friends, professionals and positive peer groups about how you feel: a compassionate friend, neighbour, counsellor, therapist, priest, someone who can help you
- Ask them for help when you need it
- Seek out people who will take care of you when you're suffering
- Know there are people there who can help you
- Let people know you value their support
- Avoid people who are not compassionate

SELF HELP/DEVELOPMENT

- Self-help/Personal Development
 - seminars, videos, audios

Give Help

- Give someone the benefit of your passion and drive
- Give someone the use of your time
- Give someone the benefit of your skills and knowledge to benefit their need
- Be proactive in offering your help and assistance, rather than waiting to be asked
- Start a conversation with someone who might need help
- Be patient with people you are helping

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Gratitude

- Gratitude creates positive emotions
- Let gratitude lift your mood and become more positive
- Spend time focusing on what you can do and enjoy.

Honour your feelings

- Don't hide the way you feel
- Your feelings are yours and they're valid
- Don't judge yourself harshly
- Let the tears flow, if necessary
- Write your feelings down (journal)

HUNA & HO'OPONOPONO

- Bring to mind anyone with whom you do not feel total alignment or support, etc.
- In your mind's eye, construct a small stage below you
- Imagine an infinite source of love and healing flowing from a source above the top of your head (from your Higher Self), and open up the top of your head, and let the source of love and healing flow down inside your body, fill up the body, and overflow out your heart to heal up the person on the stage. Be sure it is all right for you to heal the person and that they accept the healing.
- When the healing is complete, have a discussion with the person and forgive them, and have them forgive you.
- Next, let go of the person, and see them floating away. As they do, cut the aka cord that connects the two of you (if appropriate). If you are healing in a current primary relationship, then assimilate the person inside you.
- Do this with every person in your life with whom you are incomplete, or not aligned.

The final test is, can you see the person or think of them without feeling any negative emotions. If you do feel negative emotions when you do, then do the process again.

Improve/create social life

- Make new friends
- Limit/remove negative engagement
- Find new social activities to engage with

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Journaling

- Recognise and capture your emotions each day in a journal
- Writing gives you the chance to clarify your thoughts and feelings and understand yourself
- Reflect on your happiness and capture under gratitude

Know you are in control

- You cannot control every situation or outcome
- You can control your attitude and how you deal with it
- You can control how you feel
- No-one can make you feel negative, without your consent
- It's your choice, know you are in control

Magnitudometer (a made-up word)

- Write down the emotion you feel, e.g. Anger
- Write down what's made you feel the emotion, e.g. someone called me horrible names and said I was stupid
- Draw a line on a piece of paper, writing 0 at one end and 10 at the other
- Write numbers 1 to 10 along the line (shown below);

0
1
2
3
4
5
6
7
8
9
10

- Write what the worst possible situation would be in relation to the negative emotion (example: anger) next to number 10, e.g. someone hurt my family
- Write the next worst possible situation would be in relation to the negative emotion next to number 9, e.g. someone broke into my house
- Then the next for number 8, e.g. someone stole all my money
- Then the next for number 7, e.g. someone ran over my dog
- Then the next for number 6, e.g. someone stole all my computers
- Then the next for number 5, e.g. someone smashed my phone
- Then the next for number 4, e.g. my family forgot my birthday
- Then the next for number 3, e.g. I lost all my keys down a drain

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- Then the next for number 2, e.g. someone scratched the paintwork on my car
- Then the next for number 1, e.g. my bank card won't work in the shop/ATM
- Then finally the next for number 0 - someone called me horrible names and said I was stupid

The importance of this exercise is to put what made you feel the negative emotion, e.g. Anger, into its degree of magnitude versus all the other things in your life that are far more important.

Meditate and/or Prayer

- Meditation and/or prayer can improve position emotions, satisfaction, health and happiness.
- It helps you decrease anxiety, stress and depression
- Use it to stop emotions getting too intense
- Be hopeful and positive
- The goal is to calm the mind
- It helps you control emotions by shifting focus
- Just 'being' can shift your mood
- Calm yourself and gain control
- Close your eyes and focus on breathing until you calm down
- Focus on your breath and off of the situation
- Create a sense of well-being, inner peace, love, safety and contentment
- Consider what you are thankful for (gratitude)
- Use a meditation practice, e.g.
 - 6 Phases of Meditation (Vishen Lakhiani)
 - Connection
 - Gratitude
 - Freedom from negative charges
 - Creative visualisation
 - Intentions for the day
 - Blessing
 - Use an alternative method, e.g.
 - Calm music
 - Simple cleaning of house

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Mindfulness

- Give yourself time and space
- Observe/be in the present moment – as it is, without attempting to change it
- Live in the present moment
- Let any judgements pass by
- Carry on observing the present moment - as it is, without attempting to change it
- If your mind wanders, recognise that it happened
- Return to observing the present moment – as it is

Negative Belief/Automatic Negative Thoughts (ANTs) clearing

- Be conscious of them
- Write them down (journal)
- Look at them and write a positive to counteract the negative
- Keep reading and being conscious of the positive YOU wrote down

Note: Adding the word 'yet' to some negative thoughts turn it from negative to positive, as it gives you the opportunity to learn and grow;

- I am not good at writing – yet
- I am not good as a parent - yet
- I can't make friends – yet

Negative emotion – don't wallow

- Wallowing in the emotion embodies it
- Let yourself understand and experience the negative emotion (60-90 seconds)
but don't wallow in it
 - Say 'I am feeling sad' or 'I am feeling angry'
 - Do not embody them
 - NEVER say 'I AM angry'
- Only embody positive and empowering feelings
 - 'I am happy'

No regrets

- You cannot change the past
- Do not focus on what you *could* have done or *should* have done
- Concentrate on what you can do

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One Step at a Time

(Contributor: AbhiPriya Pawar)

- Take things slowly and carefully
- Do just a little at a time

Pause and consider how you feel

- Ups and downs are a normal part of life
- Remember you have the power to control your emotions

Physical Health

- Eat well: e.g. wholefoods
- Exercise – see “Exercise” for more detail
- Sleep – see “Sleep” for more detail
- Daily Habits – list and take action each day: e.g. exercise, meditation, task prioritisation list, new learning, self-care

Progressive Muscle Relaxation

- Tense and relax different muscle groups
- Start with toes and work up the body to the head
- Tense each muscle group for five seconds and then spend the next 30 seconds slowly relaxing them

Reflect

- Focus on positive steps you can take to feel better
- Think of what you want before you say it
- Deal with problems when you are calm
- Give yourself credit when you are in control and dealing with things in a positive way
- Identify the source of the situation
- Plan your way forward

Root out any fixation/obsession

- Recognise and acknowledge it
- Restore by listening to both positive and negative points
- Talk to someone you trust if you need help

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Set boundaries

- Create new boundaries: e.g. physical, emotional, sexual
- Learn to say NO
- Be firm about what you want and do not want
- Focus on yourself
- Be clear on what your boundaries mean and the consequences

Share simple/special moments

- Something that moved your heart
- Something that touched your soul
- Relive the pure joy of a memory
- Pause for a moment and reflect on something special
- Focus on something good that happened

Show compassion

- Listen and communicate with sincerity, empathy, and kindness
- Provide positive interaction
- Acknowledge how they are feeling
- Be respectful of the wishes of others
- Think carefully before you speak
- Show them you care
- Show your own emotion to their situation
- Give a random act of kindness to someone
- Respect others for the way they are, no matter what

Sleep

- Track your patterns of sleep
- Set a routine for bed
- Try new things to help aid sleep –
 - Relaxation & breathing techniques
 - Meditation
 - Turn off technology
 - Room temperature
 - Darkness of room
 - Limit types of food and drink, e.g. caffeine, sugar

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Smile, It's Magical

- It creates a sense of well-being, inner peace, love, safety and contentment
- Did you know it's impossible to have bad feelings if you're smiling?
- Smile in the mirror. Do it even if you don't want to.
- Force a smile on your face. TRY IT. IT WORKS. Hold until its genuine, until your laughing
- Just smile. Let it light you up
- Infect others with your smile. It's highly contagious.
- When you're feeling bad, just smile
- It can't help but make you feel better

Stay in Contact/Build Relationships

- Share hopes, fears, confidence & happiness with those close to you
- Give time for your family, friends, contacts
- Be present in the company of others
- Listen to what others have to say
- Share your thoughts/feelings

Structure your day/routine

- Give your day a start and end time
- Structure or time-block the day; e.g. 1st hour, morning, afternoon, evening, bedtime
- Create themes for specific days (where required)
- Set activities and tasks for each time block / day
- Plan your week ahead
- Check your next day last thing at night and set intention
- Start you day by taking action
- Be kind to yourself when the day doesn't go according to plan
- Refocus/reprioritise your day as and when you need to

Surprises

- If it's great, enjoy it and celebrate
- Feel motivated and think of the surprise in a positive way, even if you didn't expect it!
- Even if it's negative, think positively about it, and search for something better
- Make small changes in your life. This will help you manage surprises;
 - Walk/drive a different way
 - Stop at different places
 - Eat something different for breakfast
 - Do something spontaneous – surprise yourself

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- Learn to let things go to stop negative emotions as and when surprises occur
- Breath. Slow steady breathing to bring your mind and body under control
- Meditate and/or pray

Take a break to regain composure

- To express your feelings, be in emotional control
- If necessary, get some air
- Go for a walk
- Go to the bathroom/restroom
- Breathe

Talk about what can go right

- Focus on what you want to create, based on love, happiness, abundance & freedom.
- Talk about what can go right, instead of what can go wrong
- Avoid focussing on a future based on fear, pain, luck and problems
- It will take effort but you can focus on the best-case outcome
- Negative thoughts and emotions impact the body
- Choose to think positive thoughts

Tell them

- In a relationship – tell them how you feel, often
- Talk with people you like about your feeling. If necessary, use;
 - 'I really enjoy your company'
 - 'I always have so much fun with you'
 - 'I don't feel so happy when you don't respond to my texts'

Tune into your mind/body

- Do some physical activity, it will
 - Elevate your mood
 - Release stress
 - Release endorphins that create feelings of well-being
- Practice Mindfulness
- Meditate
- Healthy eating; avoid sugar, heavy carbs, dairy
- Practice Yoga
- Massage/rejuvenation therapy
- Act with the good
- Listen to the bad. If you act, it will be worse once you've crossed the line.
- Neurological therapy

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Techniques for a more significant crisis

You may occasionally experience a more significant crisis and the following may be particularly helpful in these circumstances. These can be followed by other breathing techniques or short meditation. They are intended to create a temporary distraction to help bring your breathing under better control.

- Sit and look at a clock with a moving second hand (analogue) and count your breathing; in for 6 and out for 6, until you feel ready to move on
- Out loud; say 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste
- Solve several complicated problems in your head (e.g. 357 divided by 7)
- Lie down, start with your toes and work all the way to your fingers by focussing on each muscle group, tensing every muscle and holding for 10 seconds. Do this once only as it takes about a minute to hold every muscle.
- Count things; anything you like; the cracks in the ceiling/walls, the number of light sockets in the room, the number of tiles on the wall or floor, the number of posters/pictures on the wall, how many cars you can hear passing by.
- Snap rubber band; snap the band on your wrist so it causes low level pain
- Squeeze an ice cube in one hand
- Distraction to focus the mind; clean a room in the house, go for a walk, call a friend, listening to music, build something, learn a new game, play a game with children
- Sensory awareness: can you feel - your eyelashes touching your cheeks, the sensation of your feet touching the ground, the bottom of your feet being rooted into the earth, your tongue moistening your lips, your face relaxing
- Concentrate on holding a particular yoga/meditation position for 60 seconds with your hands; palms facing upward

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Visualisation Technique

(Contributor: Jordan River)

Self

- Take a deep breath
- Close your eyes
- Connect with your imaginary future self;
 - See yourself in detail?
 - How will you look?
- Connect with the way you will feel
 - How will you feel?
 - What will the impact be?
- Focus on the positive/success
- Connect with the feeling
- Open your eyes
- Take a deep breath

Situation

- Close your eyes
- Imagine the situation
 - What does it look like?
 - Imagine every step
 - How does it look?
- Connect with the way you feel about it
 - How do you feel?
 - What is the impact and outcome?
- Focus on the positive/success
- Feel the outcome
- Open your eyes
- Take a deep breath