

242: How to Get Through Tough Times Using Applied Mindfulness

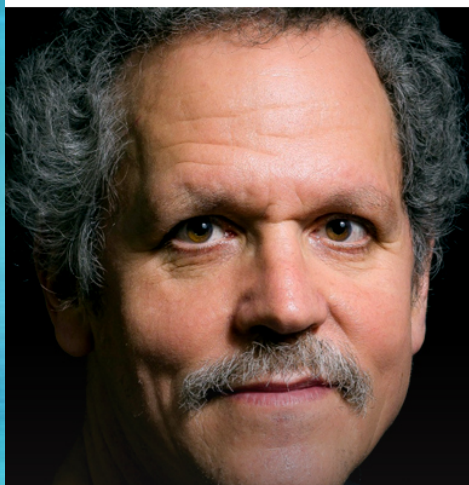
10 Point Checklist

Dr. Jeff Schwartz & Josie Thomson

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“The wise advocate is always working with you. It’s your inner loving guide in the service of creating clear-minded decisions even in difficult and stressful times.”

DR. JEFFREY M. SCHWARTZ & JOSIE THOMSON

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Enrich the wisdom of my inner advocate. Make sure I utilize self-development tools and knowledge. A positive inner voice plays a huge role in keeping a sound mindset.
- Be mindful of how I assess different situations. Evaluate my thoughts and feelings based on my responses to find out if my decisions are helping me become better.
- When dealing with challenges, learn to recognize cognitive distortions and relabel them. For example, instead of labeling the anxiety caused by COVID-19 as fear, frame it as preparedness.
- Reframe a difficult situation to adapt more appropriately. Instead of focusing on the negative, find the silver lining. Work on what I can control and keep reassuring myself everything is temporary.
- Refocus my attention when things get tough. Remain aware of what is happening, but instead of focusing on the problem, I should spend more time working on a solution.
- Reevaluate my thoughts and actions. Regular self-evaluation will help make sure I analyze the outcomes of my decisions. This helps me focus on what's within my moral standards.
- Differentiate between reacting and responding. A reaction is typically done quickly and without thought, while a response is more thought out and nonthreatening.
- Focus more on things I want to happen instead of the stuff I dread. When my brain gears more towards gratitude and positivity, my subconscious is anchored more toward problem-solving.
- Practice applied mindfulness. It is the act of paying attention to what you're paying attention to.
- Visit [Dr. Jeff Schwartz](#) and [Josie Thomson](#)'s websites for more information on their work, and grab a copy of [The Wise Advocate](#).

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/applied-mindfulness-with-dr-jeffrey-schwartz-and-josie-thomson>