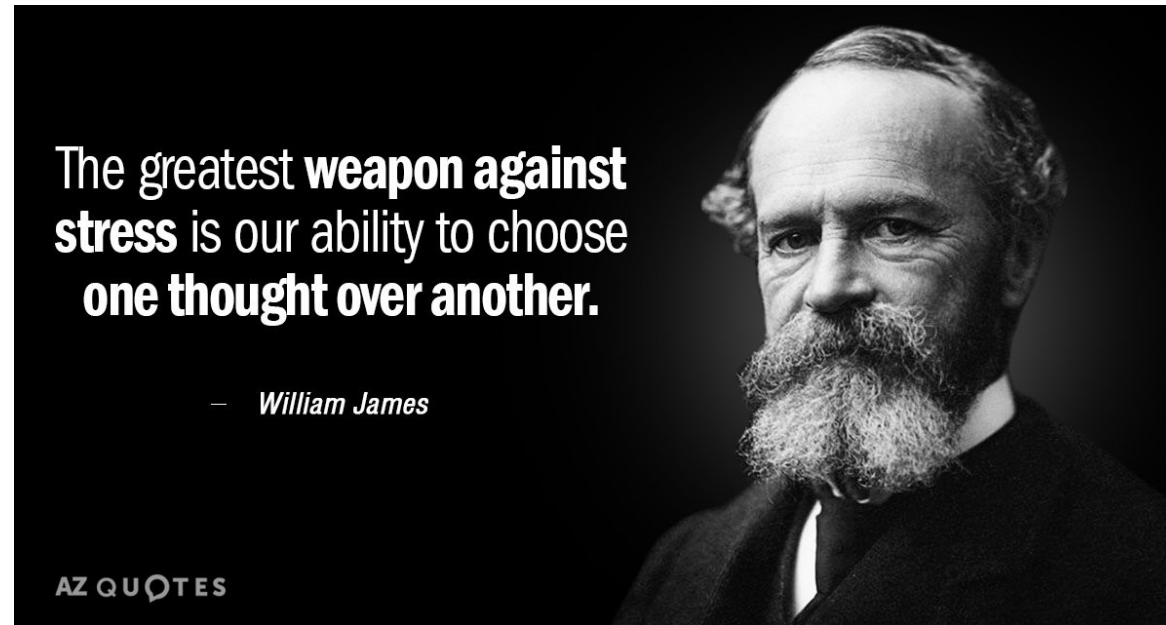




Getting to know your brain: Dealing with Stress



Helping you collaborate with your brain and eliminate stress

What causes stress?



Stress & Thinking

Stress and anxiety are created by our thoughts

Stress & Thinking:



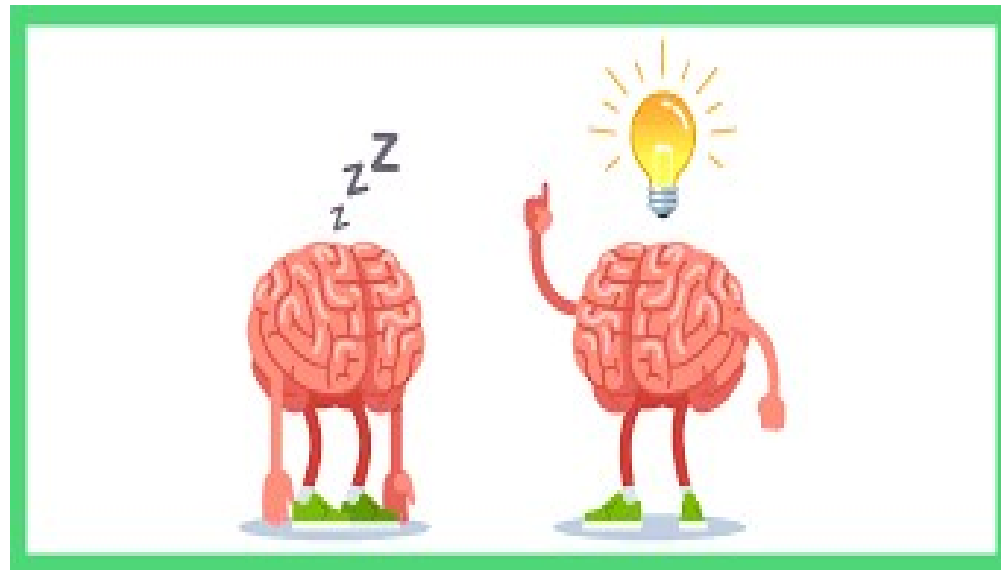
Active vs Passive Thinking

Thinking isn't a passive process



It's all about collaboration

We need to learn how to collaborate with our brains in order to eliminate stress



Benefits of Collaboration

- Collaborate with your brain
- Tell it what you want
- Get what you want



4 Things You need to know



1. Your mind does exactly, specifically what it thinks you want it to do.
2. It's hardwired to move you towards pleasure and away from pain.
3. The way you feel about everything, it's only down to 2 things:
 - A. Pictures you make in your head
 - B. Words you say to yourself.
4. Your mind loves what is familiar and hates what is unfamiliar

Your mind does what it really thinks you want it to do.



It's always acting in your own interests.

If you haven't got what you want, it's because you use words like:

- **this is too hard**
- **it's too difficult,**
- **it takes all my time.**



Link pleasure to what you want



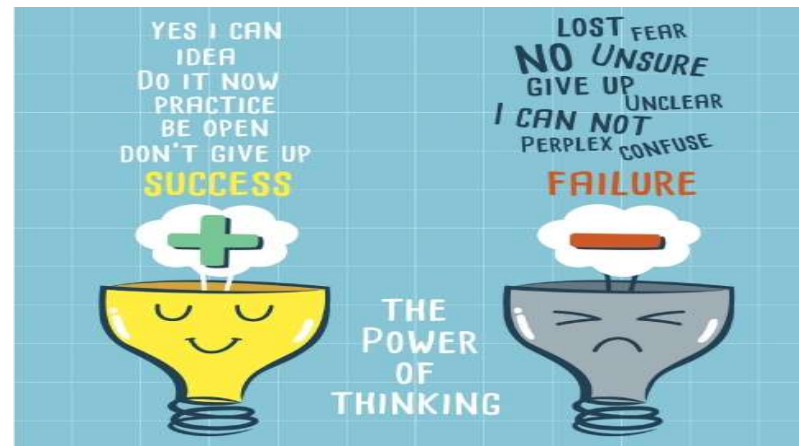
**Your mind will always move you towards pleasure
and away from pain**

You are hardwired to avoid pain



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The brain responds only to two things:
The Pictures you make in your head & the Words you say to yourself



What is real?

When you collaborate with your brain, you must change the pictures, and you must change the words



Your mind loves what is familiar

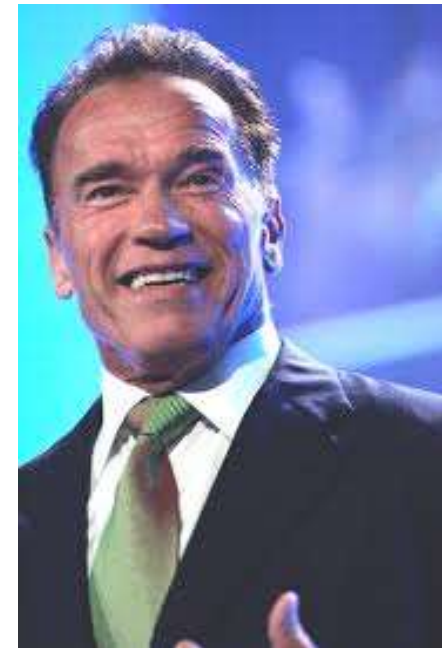


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It's not about modesty

Arnold Schwarzenegger said modesty is not a word that applies to me in anyway at all. I hope it never ever does.

 **MYROULLA
MALLOUPPA**
Worry IS not YOUR NORM



 **CHR**
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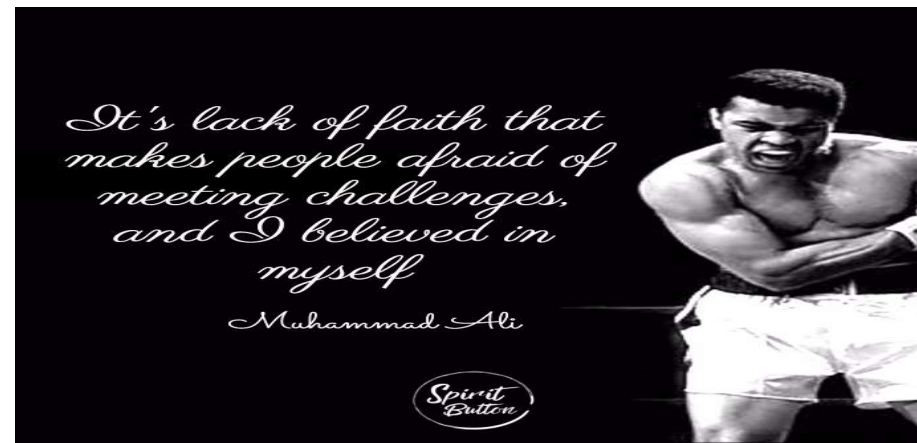
On Believing in Yourself

Believe in yourself

Work hard

Be disciplined

Become the best



Best Vs Average

Firstly you make your beliefs and then your beliefs make you.

 MYROULLA
MALLOUPPA
Worry IS not YOUR NORM



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4 things to have fantastic collaboration with your brain



Tell your mind exactly what you want.

Link massive, enormous pleasure to do what you want and pain in to staying the same

Change the pictures, change the words

Make the unfamiliar familiar



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"You have to believe
in yourself before
anybody else believes
in you."

Ray LaMontagne

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thank you!



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