

'Handing over' sheets

Over the centuries most cultures and religions had a way of letting go of problems, worries or challenges, from prayer to days of mourning or celebrations. The extended family used to provide emotional support, a type of 'handing over', as well as extra pairs of hands to help, and for many that's missing nowadays.

Most people are in an overload of stress, maybe a lot. So we live in a time where 'handing over' is extremely important, yet many have left the old ways from culture and religion. We know that our thoughts affect our brains and bodies. Neuroscience proves the importance of having flexible and creative thoughts, yet our culture, society and education don't usually give us a lead into managing our lives in this way.

So as well as Mindfulness, F**k It (John Parkin) and 'Sitting Still like a Frog' for the kids, we can do 'Handing Over Sheets', easily in our own homes, ideally daily. Try it and see how you feel, and what happens.

Instructions for 'Handing over Sheets'

In a notebook or on a paper, draw a left hand margin. At the top write 'Me'.

Then decide who / what you are going to 'Hand Over to'. It might be Source, Universe, Nature, My Higher Self..... whatever feels right for you. Write this word outside the margin, as the heading for the main part of the page.

If you use religious terminology that is fine, but check that there is no feeling of judgement or responsibility. This support is unconditional.

On the back of the page write 'I appreciate'.

Then under 'Me' write the basic, easy things that you are going to do. Things that you naturally include in your day.

Maybe:

Water

Vegetables

Relaxing bath

Breathe deeply

Walk the dog

Hugs

Yoga

This is what you are responsible for in your day, and if you miss any out, that's fine. No hassle! It's a short simple list.

Then you start to write down the rest of your day on the right, 'Handing Over' side.

Maybe, along the lines of:

May my journey to work be easy;

May I have more energy and feel less stressed;

May my boss appreciate the work I do;

May I get the shopping done quickly;

May Sammy not be bullied at school today;

May Ben be OK doing his test;

May I get on better with my neighbour;

May my friend understand how I feel about

May I find out why I am getting headaches and be able to prevent them.

Write down whatever pops into your mind about your day. Sometimes there may be huge challenges to list here. Some people like to send good thoughts or blessings to friends and family.

Then turn over and on the back of the page write down what you appreciate today.

Maybe start by looking around you, then along the lines of -

I appreciate:

My home

My family

Enjoying my walk with the kids

Having a nice time at the weekend

Annie clearing away supper

That great drawing Ben did

Sammy coming out of school with a smile

A good sleep

My chat with

That interesting programme on TV

The sunshine this morning

My new T shirt

Sometimes it can really help to appreciate the challenge of stresses as it stops us feeling victim to them:

I appreciate the challenge of needing to get on better with my neighbour.

It also helps to write down the positive aspects of people, as general appreciation, but also when they are giving us a challenge:

I appreciated my neighbour getting some shopping for me when I was ill,

Feeding the cat when we were on holiday.

Routine

It really helps to timetable this into your daily routine: perhaps early morning, or before you go to sleep, or travelling. Each time you do it, it gets easier. Then when there is something more challenging, your brain is used to doing it and slips into a good mindset. Some like to keep their 'Handing Over' notebooks, some like to throw the page away, especially if it is confidential – but it is very important to write it down, as that has the most impact on the brain, body, emotions and feelings.