

HOW TO GET OUT OF YOUR HEAD & INTO YOUR LIFE

8 powerful insights for those who spend
too much time in their heads.

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Do you also know the feeling of having a storm of thoughts in your head? A storm that just doesn't seem to calm down and even though you just want to clear your head, it seems to get even worse when you pay more attention to it. Or in other words: **your head feels full and you just want to empty it.**

Well, you're not alone! Most of my coaching clients and Sun Sister Community members expressed to me that they feel a lack of balance between body and mind, between overthinking and enjoying! And as a professional over-thinker with a curious mind, I've spent many, many hours of my life in my head instead of living my life. Until I realised that I was missing out on the good stuff, **and that it's actually quite simple to find that balance that we are all looking for.**

You see, there's nothing wrong with being in your head, but it becomes a problem when you lose control over your mind and your mind starts to control you. Now I always use words like control very carefully, because the last thing I want you to think is that you can control your own thoughts and mind (I'll come back to that in #1). But I do want you to realize that **you have a mind to support you in your personal development and you're not here to support your mind** (surprise!).

Because the truth is: a full head is uncomfortable and makes it harder to focus on the things you want to put your attention on. Moreover, a full head drains energy. And this energy we'd rather keep for things that we actually enjoy - like dancing and living our purpose.

So in this e-book I will give you **8 tips and insights** that will help you to get out of your head and into your life. There's a lot of information in these 8 insights, so take your time to read it. Grab a cup of tea, a notebook and pen, and allow yourself to absorb every word that you read. No need to rush it.

Here we go.

#1. YOUR MIND WILL NEVER STOP

Often when we think about clearing our head or doing meditation, we think that we should reach a point where our head becomes empty. Well, the truth is: this is never going to happen. So you can, right here and now, let go of this illusion. Our mind is a thought-making machine that will only stop once you're dead. It can however calm down. So that storm or that overwhelming sensation of thoughts running through your head can become slower and calmer, leaving you with a more peaceful state of mind.

#2 UNDERSTAND WHAT YOUR THOUGHTS TRULY ARE

Thoughts are not reality. Thoughts come and go like clouds in the sky. They are not real, they are not materialized and moreover, they are based on the things that you already know.

Meaning that if you stay with your thoughts, it often means that you stay with what you already know or what you've already lived through. Which is the opposite of growth. So just see thoughts for what they are: products of the mind, based on the past (most of the time) and in no way do they define you.

Repeat after me: I am not my thoughts.

#3 ENERGY NEEDS TO MOVE

When you feel that your head is full, it often means that too much of your energy is going to your head (because you're constantly thinking or paying attention to all your thoughts) and/or the energy is stuck in your head. Energy wants and needs to move. So if there's an overload of energy in your head you need to consciously move it down into your body (into the ground).

The easiest way to do it is by dancing and visualizing the energy flowing from your head into your body and down your feet.

So put on your favorite music and shake that booty!

#4 GROUND YOURSELF

Coming right to the next point of grounding. Because visualizing energy going down to your feet and into the ground is one way of grounding yourself. Grounding means: consciously connecting yourself with the earth. This allows for energies that need to leave, to leave and helps you to absorb vital energy from the earth. It is the foundation for a healthy mind-body balance. People who are not well grounded tend to lack energy, find it hard to manifest and spend too much time with their head in the clouds (sounds familiar?).

Time to take your shoes off and walk barefoot on the grass!

SMILE, BREATHE & GO SLOWLY

THICH NHAT HANH

#5 WHERE YOUR ATTENTION GOES, YOUR ENERGY FLOWS

Your energy will follow your attention, and that in which you put your energy will grow. So when you bring your attention to your head and all those thoughts, and the uncomfortable sensation of having a full head it will only make it worse. Also, when you intensively put your attention and focus on your (negative) thoughts they can materialize. Therefore it is very important that you consciously decide where you want to put your attention. So bring your attention to where you actually want your energy to go and thus what you want to grow.

#6 CHECK IN WITH YOURSELF

Our heads tend to take away a lot of attention (and thus energy) from things that we actually want or need to put our attention on. So check with yourself: what do you need right now? Perhaps it's a walk in the park, or some food, or a talk with a friend, or a dance! What is really asking for your attention right now? If you find it hard to remind yourself to check in, set an alarm on your phone that reminds you at least twice a day.

#7 USE YOUR SENSES

A quick and easy way to get out of your head is by using your senses: What do I see? What do I hear? What do I taste? What do I smell? What do I feel? Regardless of where you are and what you're doing, you can use these 5 questions to help you get your attention back into the situation that you're in. It also brings your attention back into your body, which is where the grounding happens.

#8 PUT THINGS IN PERSPECTIVE

You are a tiny speck of 7 billions specks on a gigantic water ball, that's floating in a milky way, that's part of a universe, of which we cannot even comprehend the size nor understand how it works. Or in other words: don't take yourself so seriously and don't take your thoughts so seriously - they're just thoughts, and they might not even be true. Once you stop to take your own mind so seriously you will create a certain distance between you and your thoughts. Which mean that you will stop to identify yourself with your thoughts. And in this space - between you and your thoughts - is where the magic can happen.

Thank you for taking the time to read through this e-book. I hope it opened your mind and helped you to take a different perspective and approach when it comes to clearing your head. Make sure to take your time with all of these insights. Try them out and try them again. All change takes time, so be gentle and patient with yourself.

I would be happy to hear your thoughts and experiences with these insights! You can send me an email or share it on Instagram, tagging me with @tessa.dongelmans.

With Love,

Tessa

PS. To find out more about me and other opportunities to empower yourself you can check out www.tessadongelmans.com or my Instagram on Tessa.Dongelmans.