

## YOUR MIND AND STUDY

Once believed impossible, science is now proving that we can influence and control our mind, body and life.

Our thoughts are neurochemical events that trigger a cascade of neuro and biochemical reactions within our brain and body. Energy follows thoughts, in that whatever you are thinking is how you will feel.



Sitting down to study may not be your natural disposition, but you can train your brain via neuroscience to do so. I've put together my top 10 tips to help you get through your studies and set you up for success- good luck!

### **Tip Number 1: If you stop pedalling, you fall off.**

So do everything you can to keep pedalling. Keeping your head clear, your confidence high, and your focus strong. It is vital for maintaining forward momentum.

### **Tip Number 2: Eat a frog - do the most challenging thing first.**

Mark Twain once said that if the first thing you do each morning is to eat a live frog (eek!), you can go through the day with the satisfaction of knowing that that is probably the worst thing that is going to happen to you all day long. Your "frog" is your biggest, most dreaded task, the one you are most likely to procrastinate on if you don't do something about it. This is another way of saying that if you have two important tasks before you, start with the biggest, hardest, and most important task first. It's the same for study.

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**Tip Number 3: Prepare.**

Winging it does nothing to support your future self.

**Tip Number 4: Breathe**

Breathwork, when practised correctly, can give you influence and control over the chemistry of your brain in as little as a few minutes. By changing blood chemistry to a more alkaline state, you can decrease cortisol and adrenalin. Breath shapes the mind - all too often, it's the other way around. Think about your breathing and try some techniques for deep breathing when you get stressed.

**Tip Number 5: Think positively**

“Every time we have a thought, we make a chemical. If we have good, elevated thoughts or happy thoughts, we make chemicals that make us feel good or happy. And if we have negative or insecure thoughts, we make chemicals that make us feel exactly how we are thinking. So every chemical released in the brain is literally a message that feeds our body, which begins to feel the way we are thinking.” Dr Joe Dispenza

**Tip Number 6: Work harder.**

Learning is not a privilege afforded to all.

**Tip Number 7: Be kind to yourself.**

Being a good therapist goes way beyond skin deep.

**Tip Number 8: Follow your Goals.**

When times get tough- remember your why and your end goal.

**Tip Number 9: Take Action**

Sometimes you might need to fake it till you make it but do it anyway.

**Tip Number 10: Have Fun**

Life is short – so don't take it so seriously. Throw some fun in there too.

When you focus with laser-clear vision on the results you want, it is almost like you can taste and feel success. Focusing on the results you want will help you prioritise.

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Just remember, choose positive thoughts, and take dedicated action to achieve great results!

All the best in your studies!

**PS Some interesting references**

- The Biology of Belief, Bruce Lipton
- The Why, Simon Sinek

Written by Reika Roberts

*Reika Roberts is the Chair of ABIC. She has over 30 years business experience and is considered a thought leader in the industry. With a strong background in business management, client development and start-ups, she holds a double degree in accounting and finance and post graduate qualifications in skin. Reika has gained deep fulfilment in mentoring talent and seeing future leaders of our industry emerge. As Managing Director and co-founder of derma aesthetics, distributor of dermaiduals skincare and Exceed medical micro-needling, she is primarily responsible for the commercial operations and is proud of the multiple awards won globally for marketing and customer service.*

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