



# MONDAYS

*with Mike*

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## Let's turn the noise down!

In her book, *The Six G.O.L.D. Keys to Well-Being*, author Alisha Leytem dedicates a chapter to the obstacles that can get in the way of our well-being. One of those obstacles she references is called "Listening to the Noise." Everyone is trying to get our attention. If we aren't careful, they will have it! Here are some of the examples she means by "noise":

- The news and TV, including videos, documentaries, articles, and websites that create fear and anxiety.
- Gossip, listening to the negative opinions of others, and listening to negative opinions about ourselves.
- Scrolling and comparing on social media (i.e., checking-in on what someone else is or is not doing.)
- Messy and low energy environments (pictures that remind you of a time that you would rather forget, clutter, dark rooms, etc.)
- Doing anything that is not aligned with our personal values.

Our challenge is to reduce the amount of noise that we allow in. Here are some suggestions to turn the energy in our favor:

- Turn off anything that broadcasts reasons to be afraid or depressed. This includes podcasts, YouTube videos, music, news channels, etc.
- Turn your home into a warm, inviting place full of things that uplift your energy. Remove anything that brings you down. Consider a color change in your favorite rooms to keep the positive vibe alive.
- Stay away from people and groups who thrive on gossiping and pointing out what others are "doing wrong." Release from our lives the people who focus on problems and negativity.
- Let go of habits, behaviors, or activities that are not important to you. Every time we say yes to something, we are saying no to something else. Do not let that no be to ourselves and what we desire to do.

This week, let's find one "noisy" thing in our lives and turn it off. Then, let's replace it with something that lifts us up. Doing this more often will keep the noise down!