

# LET HEALTH HAPPEN



**Dr. Geoff Walburn, D.C.**

If you read last week you learned that science knows the precise point where positive and negative thoughts originate in the brain and the only way to shut off harmful negative thoughts is by replacing them with healthier positive ones. Like anything, our way of thinking is a habit and like any habit it can be relearned. I thought this week would be a good time to share a strategy to begin strengthening your habit of positive thinking that I've seen work for many people. The Christmas Season is a great time to start a gratitude journal. You need a notebook kept bedside so each night, right before you go to sleep, you can write 5 things for which you are thankful and grateful in your life. Really feel this! This will put your subconscious mind (that runs your body) in a relaxed, positive state and help keep you there while you sleep. First thing in the morning before you get out of bed, grab the journal and begin reading all that you have written over the previous nights until you "feel" that you are in a true state of gratitude. This should not just be a list of stuff – it should be a list of everything meaningful in the past, present and even future. Doing this in the morning will help you start your day in the right state. This strategy sounds simple, but I've seen it be extremely effective. Even if you believe yourself to be a positive person, commit to doing this for one month and see what changes take place in your life.

*– Dr. Geoff Walburn, D.C.*

**RIVERTOWN CHIROPRACTIC, LLC**

**812-273-HEAL (4325)**

401 E. Second Street • Madison, IN