

## **The Problem**

When a person's life becomes occupied with multiple dilemmas so great in number, and so demanding in requiring so much time, that the subconscious mind cannot see a pathway through them, then the brain begins to function differently than it normally would. The brain becomes less resilient. The brain becomes less predictable. Patterns of behaviour driven by the animal brain show more force. That means concept of the belief in magic, of lying, stealing, and killing come more to the forefront as viable solutions to the multiple problems. The human thinking brain has difficulty organizing and sorting through all the problems.

## **Solutions?**

Here are a few things to think about. Focus a little on Wellness strategies. Dr. Ouellette's Five Pillars of Optimal Health Secrets is a good place to start.

1. Get out a piece of paper and a pen and write down the structure of all the dilemmas and problems you can think of that you have at the present time.
2. Write down a reasonable plausible solution to each one of the dilemmas such that you can be satisfied that yes this is the way to go.

That process will release and free up a little part of your conscious mind. Carry on to the next dilemma until you finished them all. If you think back to five years ago, you would recall that back then you also had multiple problems and dilemmas. You got through them all. You will get through these as well.

- Plan some downtime for physical sports for yourself as a release from the tensions of dealing with multiple dilemmas.
- Boosting your blood flow is a prime example for lowering stress. There are multiple ways to boost your blood flow with exercise and food being two of the major ways.
- Plan some special nutritional boosts for antioxidants to keep your physical body healthy.
- Plan some **Rest & Relaxation**, another one of Dr. Ouellette's Five Pillars.
- Plan some attitude tweaks to make your life easier.

Check out the Attitude & Perspective section of the library page at

<https://optimalhealthsecrets.com/library.html#Attitude>

See the Hope Response article, [#11](#) in the list and Vicious Cycle Modification [#15](#) and [#44](#).

## **Summary**

it is all about building an anchor for yourself so when the stress gets too high you can rely on your anchor to keep you stable right where you have previously planned to keep yourself.