



CONQUERING BARRIERS TO A  
HEALTHY LIFE

*Thoughts*

CHANGE YOUR  
THOUGHTS...  
CHANGE YOUR  
LIFE

- “...I plead with you to **give your bodies to God because of all he has done for you**. Let them be a living sacrifice...this is truly the way to worship him.”
- “Do not copy the behavior of this world, but let God ***transform*** you into a ***new person*** by ***changing the way you think...***”

Romans 12:1-2

# BRAIN FACTS:

Powerful...generates 12-25 watts

Fattiest organ...60%

- Healthy fats important

A random thought generator

- 12,000 -- 60,000 thoughts/day
- 95% repetitive
- 80% negative

75% water

- Dehydration effects brain function

Exercise is good for your brain

- Oxygen ---> Neurogenesis

Uses 20% blood and oxygen...can go up to 50%

Sleep is imperative...proper function

- Judgement, memory, reaction time
- Sleep deprivation = brain cell death

# WHAT HAPPENS WHEN YOU THINK?

- Controversial
  - Science...thoughts physical parts of brain.
- Electrochemically mediated process
- Maps corresponding to brain's perceived environment
  - Senses
  - Emotions
  - Actions
- **Thoughts influence our bodies**
  - Stress/negative thoughts worsen illness
  - Fear  $\rightsquigarrow$  Fight or Flight
  - Start chain reactions of muscle contractions

# REGULATING THOUGHTS:

Thoughts --→--→chemical reaction in  
mind and body

What you think affects how you feel.

- Feeling poorly...change how you think

*“If our thoughts are always just reactions to something, how can we take control and change them?”*

*Using knowledge gained to generate new ideas (electrochemical)*

- *Example...Wellness Class*
- *Reading the Bible*

*Changing thoughts means becoming aware of...*

- *Triggers to your thoughts (cause)*
- *Your thoughts in response to your triggers*

# CHANGE YOUR THOUGHTS...CHANGE YOUR BODY

Triggers --→--→ Power to change emotions and health.

Mental association...trigger and thought (ex. Wake up)

- Generates a reaction (+ or -)

Change reaction...change trigger or break thought association

- Change thought for 30 days (becomes new trigger)
- Same with health/body

# TIME FOR CHANGE

- Remember... *Thoughts have direct influence on reactions in the brain and body.*
- Create new neural pathways
- Changing thoughts = positive impact (mind and body)

QUESTIONS

