



Diane Abdo, Psy.D.

Heart of Happiness Webinar

Mind Control

Mind Control is a proactive process of consciously choosing healthy and joy-enriching thought patterns.

Important considerations in Mind Control:

- Choosing to drive the bus
- Managing perspective
- Thought-monitoring
- Feeling the energy of your thoughts and words
- Positive self-talk
- Being Non-judgmental
- Changing the channel
- Observing and addressing emotional patterns
- Consciously managing stress