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INSTANT EMOTION RELIEF © 2014

This quick, simple, and easy to use, mental tool has been taught to over five thousand people over the last 10 years with some astonishing results.

Originally, I used it to help patients decrease their anxiety before surgery. Soon I was teaching it to med students, nursing students, friends, and family to help them decrease their stress.

It works! 100 percent of the times you use it! It will stop your negative thinking instantly. Like any tool, if you know how to use it, the tool will do what it is supposed to do.

When I started teaching people how to do this I did not completely understand why or how it worked. All I knew is that it worked. In recent years, a couple brilliant neuroscientists have discovered different processes going on all the time in our brain that explain just exactly why and how the tool works.

Viktor Frankl knew about it in the 1940s when he was a prisoner in three Nazi death camps. If it worked there, it will work anywhere. He described it this way, "The human brain is a stimulus-response organ. But between stimulus and response is a space. In that space lies our ability to choose. And in that choice lies our freedom."

The tool has been used for all different kinds of negative emotions, from stress and anxiety to road rage.

When you see that the tool, as presented here, focuses on "Stress," one of the most important discoveries in the last few years is that **ALL EMOTIONS ARE FORMED THE SAME WAY**. So this lesson actually applies to all emotions you may be experiencing and the tool works for each.

If you want relief RIGHT now, here is the tool as I have been teaching it.

Stress is not what you have been told. You can quickly and easily do something about it. This five- minute lesson will give you everything you need to decrease or eliminate 80-90% of your bad stress.

This lesson will also help with other negative emotions and the times when you don't feel distressed but you find your focus is drifting off a task you need to get done. The procedures will help you regain and maintain your ability to focus on getting your work done. It can do this because the same brain processes are at work when your focus wanders as when you are feeling stressed.

In 1936, Hans Selye defined stress as "the body's non-specific reaction to any demand for change." Later on he made the concept a lot easier to understand by describing stress as the "work of living." "Our body always has work to do so there is always some stress. Even while we are sleeping there is stress. Our heart keeps beating and we keep breathing. While we are dreaming our adrenal glands are busy pumping out hormones. The only human who has no stress is a dead one."

So the most accurate and actual definition of "stress" is "the WORK of living our body must do."

Selye later divided the concept of stress into two types for further clarification. Of the work we have to do, there is work we like to do. He labeled this Eustress. We refer to this as the "good" kind of stress. There is, of course, work we don't like to do. He labeled this Distress. We call it "bad" stress.

Walking into a church is a good example to illustrate the difference between Eustress and Distress. The stress involved is actually, and only, the work the body must do to walking you into the church.

This is the really important part. The body does not care if it is walking into a wedding or walking into a funeral. The body is just walking. Whether the walking into the church is Eustress or Distress depends on the reason we are walking into the church. It is the story about the work that is going on in our brain.

So Eustress and distress are both stories. They are stories we tell ourselves about the work our body is doing, or must do. The stories can be based on facts but usually are based on fantasy. We choose the story and the story decides if the event is eustress or if it is distress.

If we tell ourselves the same distressing story long enough we will eventually come to believe it is true.

If you want to prove for yourself that almost all emotional distress is simply the result of stories we tell ourselves, do this. The next time you are feeling distressed, resentful, anxious, or guilty just look around. If you can see something that is actually dangerous, run for safety. If there is no danger, the only source your emotion can be coming from is your story; it's coming from your brain.

The quickest way to stop the story that is going on in your brain is to change what you are thinking about. Here's a Tool that will empower you to do that in less than 5 seconds. I call it *Change the Channel*.

Telling and re-telling yourself a negative story is like watching a movie you know will make you miserable. You wouldn't watch that movie, would you? What would you do? You would either change the channel or turn off the TV.

That's exactly what you can do to break the automatic distress habit and get back on track.

As soon as you realize you are becoming distressed by a negative story you are telling yourself, Stop! Physically look around, look to the right, and look to the left, to see if there is danger present. If there is, run. If there is no actual danger, the emotions are being generated in your brain by your story.

The physical act of looking around is very important in the beginning because it interrupts your automatic thinking habit and creates a space that will allow you to gain control of your thoughts.

The next step is to choose something else to think about, choose a different story.

I suggest you pick something like a pleasant memory or something that is neutral. I suggest you don't try to change to positive thinking because in the moment you are changing from the negativity of distress to neutral you are very unlikely to believe anything positive can happen.

After practicing this for a while, when negative feelings begin to creep in, a simple reminder to *Change the Channel* is often all that is needed to stop the process. Some people use statements such as: "I don't need to go there. I can choose where I want to go."

Remember this. Every time you successfully *Change the Channel* you are creating a new habit that will keep you more in control of your thoughts.

Changing your perspective will also help you control your stories. Let's look at what are the actual demands on a mom. Maybe we shouldn't, though. It may remind you of just how much work you have to do every day.

The point is that the work of being a mom is the work you must get done. The stories are not the work.

Everything else about the work is a story, maybe even a library full of stories.

- I am not going to get everything done today that I should.
- I cannot control everything so something bad might happen.
- I am not sure if I am making the best choices.
- I wish I was better prepared to be the kind of mother I want to be.
- I need help but the people who should be helping don't seem too concerned.
- Something is not going to turn out right and it is going to be my fault.

But all the stories do is burn up your time and energy and distract you from what you need to get done. It's the stories that create the negative emotions that are so painful.

A study from Harvard concludes we spend 46.9 percent of our waking hours thinking about something other than what we are doing and what we are thinking about is negative. In a 16-hour day that amounts to almost 7.5 hours. Just think about what you could accomplish with that time.

Change the Channel is also an excellent tool to get back on track when you find your focus has drifted off what you need to be doing. As soon as you notice you are distracted, look around. No danger, OK. Choose to get your focus back on the task at hand.

So use *Change the Channel* to help you focus on the work you are doing. Use it as often as you need to. If you don't waste time with your stories you will have a lot more time and energy to get your work done without being exhausted by the negative emotions. You might even have the time to kick off your shoes and take that nap you have been waiting for since the birth of your first child.

It takes practice but it really is this simple. Focus on doing the work. Don't waste time by telling yourself distressing stories about the work.

Mastering your distressing thinking now will also make the rest of your life a lot more enjoyable.

If you have questions or feedback, please feel free to [email them to me](#) and I will respond.

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Sincerely
Doug McKee