



Tips to keep you airborne!



Chain of thought
September 2024

Recent research at Queen's University (2020), using fMRI, suggests that the average person has roughly 6,200 'thought worms' a day, the majority of which are said to be on a continuous loop (around 95%), and most of which, I might add, tend to be sticky for negativity (roughly 80%), given our evolutionary bias, so please hold this thought while I proceed...

Last Sunday, my 'worms' were still drunk with adenosine and neither wriggling nor jiggling when I awoke at the crack, so I hauled them to the waterfront to jog them into some semblance of life.



Here's a sample of what wormed its way through my 'speakers' when I pressed play on that cloudy, dimly lit pre-dawn day:

- *Hmm, it might rain...*
- *I don't think I can run far; my legs feel heavy and tired; this is hard...*
- *Look at all those fit young guns flying past me, advertising lofty feats on their sponsored merch...*
- *Too bad that I missed the 12km City to Surf run last week; duh...all that training for nothing...*
- *Damn, this is tough...*
- *The ocean looks broody today...*



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- That was one hell of a dream that woke me up this morning... (I'd been thrown on top of a gargantuan wave in the middle of the ocean and was about to be dumped into a deathly abyss)
- The water definitely seems threatening and 'sharkish' today... (I'd recently heard that coastal shark sightings were up by 42% last season)
- I nearly died swimming with those sharks last year... (of hypothermia, not fright nor fatal attack. I was in a tank)
- I wouldn't be in a hurry to jump into those murky waters today; might be a great white lurking...
- Those surfers are mad...
- Why did I get up so early?
- The dream...of course...

Are you getting the gist of where my mind was anchored? I was on a windswept roll of blah, blah, blah. And so, it continued as I carried on, until Paul de Gelder magically appeared and the tide finally turned.

You see, I had now jumped from great whites to bull sharks, which daisy-chained to de Gelder, a former navy

clearance diver who lost a hand and a leg to a 3-metre bull shark in Sydney in 2009 whilst doing training manoeuvres.

Previously terrified of sharks (like most folks, I suppose) he is now an inspiration and a champion for their protection.

The epitome of resilience, on being 'dumped by a mega wave into a hellish abyss', he managed to turn his life around with 3 simple words that had been drilled into him in the navy, namely: IMPROVISE...ADAPT...OVERCOME

Meanwhile...back to my wormy chain gang:



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- *Heck, he was doing pull ups in his hospital bed not long after his amputations*
- *Hmmm, Dave Goggins is in the same league (former Navy Seal and endurance athlete, who beat all the odds)*
- *That damn 40% rule (Goggins believes that when you think you've reached your physical or mental limits, you've only tapped into 40% of your potential)*
- *Maybe I'll keep going; my legs don't feel so heavy now...*

And keep going I did, only to unwittingly discover that I'd outrun my previous week's unmet target by 3.5km.

And it had all started with a bed of negative worms.

Moral of the story? Be mindful of your thoughts. They can run you or you can run them...even outrun them. So, focus on the 20% that matter.

Till next month...

When the going gets tough, don't let your gremlins run amok,

Caroline

PS - If you know of anyone who might enjoy reading my newsletters, feel free to forward this to them and ask them to subscribe.

PPS - If your gremlins are running amok and you're swirling in a negative frame, work with me directly to see how you can benefit from some wellbeing coaching. Hit the reply button to this email with "yes, more information please".



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