



EPISODE 006 – Taming The Monkey Mind With Physical Activity

You are listening to the Fun and Profit for the Active Entrepreneur Episode 6. We're talking about taming monkey mind with physical activity.

Welcome to the Fun & Profit for the Active Entrepreneur podcast. I'm your host, Paula G. Join me as we explore what it takes to get you out from behind your desk and endless to-do's so you're feeling more vibrant, alive, and engaged in your business and in your life.

Hi all! Welcome, welcome. Today I cannot wait to talk to you about one of my favorite topics, and perhaps most vexing nemesis of all time, and that's monkey mind. Before we jump into that, though, a few tidbits of what's happening around here. We're up to Episode 6. It's very exciting. Second month into our launch of the podcast. If you haven't listened to previous episodes, please check in. We're going to be having some more special guests in the coming weeks as well to mix it up. Also, around here I'm getting ready and very excited to speak at a national conference for the International Spa Association on the strip in Las Vegas. While the strip in Las Vegas is not my favorite vibe, you can catch me more in the woods somewhere, but it's so cool to be in such a lovely space. I'll talk a little bit more about that experience I'm sure in future podcasts.

What's important about this tidbit is the fact that you cannot, and I have never been able, to step into something greater when my monkey mind is holding me down. Let's talk about monkey mind. While today I'm talking about taming your monkey mind with physical activity, I can almost guarantee you this is just going to be a part one of an ongoing series over time about taming monkey mind. If you're not familiar with the term, **monkey mind is that mind chatter, that chaos of thoughts** that happen when we start spinning round and round, or we're listening to the voice of fear, we're maybe hearing the voices of people from our past who told us: You won't amount to anything. You can't possibly do that. Who do you think you are? Be careful, that's very dangerous. Well, if you can picture monkeys swinging chaotically through the trees, that's what it's sometimes like in my mind.

How about in yours?

This can become very problematic when you're self-employed, when you're working for yourself because there's just you, your mind, the tasks before you, and maybe your cat, your dog, what have you. It can really get you down. **You can lose endless hours of productivity when the monkeys are swinging through the trees.** It takes a toll, not just on your productivity and what you're willing to do, actions you're willing to take, risks you're willing to take, ways you're willing to become vulnerable in your business, but it takes a toll physically, and on your wellbeing, and certainly on your mental health.

What I know is that when I am more active, when I need to snap out of being stuck in the muck of my monkey mind, I move. A colleague of mine described it as how **exhausting yourself physically clears your mind.** It turns off the monkey mind because there's basically **no bandwidth left for that meaningless worry.** For me, that takes the form of getting out and moving. By physically exhausting, I mean doing something somewhat rigorous with your body. Exhausting can be a relative term. I'm not talking you have to go out and exhaust yourself to the point of collapse like those visions you see of triathletes crossing the finish line and just falling over at the end. I'm

not suggesting that level of exhaustion, as that could be a little counterproductive in your business. By all means, if you're an athlete, go for it when you need to. I'm talking about making your physical body tired.

Our experience of being exhausted and overwhelmed is often primarily mental and emotional, not so much physical, unless you're burning the candle at every end and not fueling your body well, at which time it may be both. I'm talking about the monkey mind, **the exhaustion of your looping of thoughts**. You are agonizing over details and worrying about things, worrying about worst-case scenarios, worrying about what other people think. When you bust out of that with some physical activity, it's like a mind cleanse. Of course, I just like the way that sounds, **a mind cleanse**. It sounds very sci-fi. It is because you are shifting your entire focus and you're moving from a mental-only system to a physical system.

I liken it to, if you've ever been in a group of people and someone is creating a bunch of drama -- so you're sitting at a table and people are creating a whole bunch of drama. You just decide: I can take no more of this; I am walking away. It becomes like a mind cleanse. You're doing the same thing, there's just not other people involved, just your million thoughts in your mind. You say: **I'm walking away from this drama in my head**. Instantly there's a shift. The physical part is where you get everything else moving. Anybody who's ever read ten minutes of information about exercise knows that exercise and movement can improve your mental health and mood, reduces depression and anxiety, endorphins kick up and get your blood moving and heart pumping. By shifting from thinking, thinking, thinking to physical activity, you're able to help cure some of that brain exhaustion.

For me, my mind can be so cluttered and restless and unfocused that I am just in a cluster mess in my head. I can go out for a bike ride. It doesn't have to be a long, epic thing. Just go out for an hour. All of the sudden, I can breathe differently. My mind opens up. It's like it washes, a cleanse. It just washes over me a different state of

being. **There's no bandwidth left for worrying about the meaningless chatter that was in my head.** As somebody who has struggled *with panic and anxiety and depression* at different times in my life, I can tell you that when I am not active, when I am not physically moving, getting out there, balancing the sedentary life of being at my desk and in my house with something more, I am really prone to falling down a slippery slope. It's not always easy to get yourself up and out, but it makes such a huge difference.

What I like about the idea of the physical activity clearing the monkey mind is that for all the skeptics out there that say they can't possibly be still and meditate and do any of those other type of ways of taming monkey mind, you can move. You can walk. You can run. You can bike. You can dance. You can jump up and down. You can go do yoga. You can do something, anything that gets your body moving. Next time you're running into that unfocused thing, move. Get up and move. Add some physical activity to your day. It is not a waste of time. I've got plenty of things on my to-do list, as do you. **When you're feeling like I'm too busy, too busy, too busy, just can't, that's your monkey mind talking.** Those monkeys are talking to you. Don't let them fool you into keeping you stuck and staying put and slaving away with your nose to the grindstone. Get out. Get moving.

If you think about the bandwidth that's being taken up by that mindless chatter in your head -- that chatter could be having anything from fear to judgment to just looping through the list of things you've got to get done and how am I going to get them done because there's so much to do and so little time? When the mind is running amok, move. Get out there and notice how that shifts. Notice how that bandwidth is suddenly freed up from all that chatter when you return to clear space so that then you can focus, then you can create, then you can take a deeper breath. That's the beauty of moving. You've got your heart rate up. Your heart is beating faster. Your blood is pumping faster. You have to breathe differently. You have to get more oxygen circling in your body or you'll drop over. It becomes a natural process.

That's today's episode. It is one of my favorite things that I do. I take it for granted. I am grateful for my colleague for pointing out the value in exhausting yourself physically as a way to cleanse your mind, turn off the monkey mind, and create more bandwidth for what matters.

I would love to hear from you. What do you do to clear your monkey mind? How about this trying out the physical activity and exhausting your body? How's that working for you? I'd love to hear. You can comment on the blog post where the show notes are. I would love to hear from you.

Before we wrap, if you have listened this far and you've been listening along, I would love it if you could **hop on over to iTunes and rate and review the podcast**. That is how you can help other cool people like you find out about this show. Ratings and reviews are the currency of iTunes, and I would appreciate it if you could spend a few seconds of your time to spread the word. If you're not sure how to do it, because it can be confusing, on the show notes is a link to a video that shows you step by step how to do it, by demystifying how to use this iTunes to subscribe, rate and review thing anyway.

With that, as always, I invite you to create a great day. Try a little physical activity. It just might shift you out of monkey mind and create a little more fun and profit in your life and in your business today.