

DIRECT HEALTHY BEHAVIORS:

The anecdote to addictive behavior is direct healthy behavior in order to regain control over helpless, trapped, powerless feeling and loss of control. Often this is best carried out with secular behavior that honors God.

For example, you just spent the last 30 minutes arguing with your spouse. Now you are sitting, feeling overwhelmed, confused, feeling helpless, hopeless, trapped. You might feel like crying or you might be angry. How do you escape this emotional trap of overwhelming feelings? Instead of a displaced behavior quick fix or mood changer, you execute a direct healthy behavior that helps you regain control of how you feel. All behavior starts with thinking! Everyone is different but it could be something as simple as praying, reading the Bible, going for a walk, secular reading, watching a Netflix movie, exercising. You make the decision, you execute the behavior, you take control of your thoughts and actions. Behind everything you do is a THOUGHT. Every BEHAVIOR is motivated by a BELIEF. Every ACTION is prompted by an ATTITUDE.

Treatment: Is to regain control or reverse one's feelings of frustration, helplessness, being trapped and out of control. Here are four ways to regain control with direct healthy behavior: **Remember any behavior that honors God, is a direct behavior!** "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him." Col. 3:17 When we merge His will with our free will, there's a beautiful synergy that far surpasses our wildest dreams and gives us direct control.

- 1. Move**
- 2. Play**
- 3. Work**
- 4. Pray**

People are powerless over their *tendency* to do the wrong thing. "A fool vent all his feelings but a wise person holds them in check." (Proverbs 29:11). Yes, we do have free will and choice. Empower yourself with your thinking and not emotions. Even normally sober people can easily be driven to drink because of anxiety. For those of us who are not normally sober, we must work hard to avoid that scenario. So, what should you do when anxiety strikes, as it surely will, and you want to avoid drinking as your relief? Try some of these strategies.

- Get **moving** immediately. Go for a run or walk or take yourself to the gym. Exercise is a great antidote to anxiety and it's a healthy activity.
- Play:** Play with your pet. They will love you for it and that love will in turn soothe your anxiety. If you have a dog, take him to the dog park. The presence of other dogs and dog owners will also help relieve your nerves. A cat's purring is also an instant soother for the cat and the person doing the petting.
- Work:** There is always something that needs doing around the house. Now is the time to fix that wobbly table, repaint the living room or rearrange the furniture in the den. If you have a garden, weeding is always a great stress reducer because, as

with all these tasks, you can instantly see the fruits of your labor. This gives personal satisfaction which aids in alleviating anxiety.

●●●**Pray**: Read scripture and talk to God. If you have a personal relationship with Christ, He will grow close to you (James 4:8). Remember, friendship is a two-way street. God has promised us a helper in regaining control over our helpless trapped feelings (John 14:16). His grace is enough for me for there is power in delegating or surrendering control to God (2 Cor. 12:9-10). When we give God control, he returns that control with the fruits (values) of the Holy Spirit or values such as **self-control** (Galatians 5:-22-23). Change your thinking and God will change your life (Romans 12:2). *"All scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right."* (2 Timothy 3:16 NLT)

The point is to take your mind off the cause of your anxiety for at least a while. This will enable you to face it in a far more balanced direct way, other than heading for the substitute displaced behavior of the quick fix or mood changer of chemical abuse or other behaviors.

Christ Driven Behavior (CDB) is a direct behavior that honors God, a way to regain control over helpless feelings. When we surrender to God, He empowers us with a mentor, that imparts motivation, purpose and the fruits of the Holy Spirit called values. Self-control is one of those values. This is not blind faith or wishful thinking. This is scripture and behavior science in action! Transform your thinking (Romans 12:2) Delegate or surrender control to a more qualified entity (2 Cor. 12-9), God will reciprocate with a Helper (John 14:16), you will regain control with values including self-control (Gal. 5:22-23).

9 Tips to Get a Quick Mood Boost

1. Get Up and Get Moving

Excessive sitting and lack of exercise increase depression symptoms while increased physical activity may alleviate such symptoms and possibly even prevent future symptoms'

On the other hand, anandamide (AEA), a neurotransmitter known as the "bliss compound," increases during and following exercise and may be partly responsible for why [exercise makes you happy](#).

2. Get Outdoors

Exposure to bright outdoor light is crucial for a positive mood, in part because regular exposure to sunlight helps to enhance your mood and energy through the release of endorphins.

Getting sun exposure outdoors will also help you optimize your [vitamin D](#) levels. Vitamin D deficiency has long been associated with seasonal affective disorder (SAD), as well as chronic depression.

One study found that it takes just 20 minutes outdoors to make most people happier, while other research showed that happiness is maximized when it's 57 degrees F outside — so keep an eye on the thermometer!

If you can't get outdoors, at least open your shades and let the sunshine in. A brighter living or work area will help to boost your mood.

3. Reach Out to Others

Call a friend or even send a friendly email. This will help you build a closer bond with others in the long run, and strong social ties are key for well being.

One study even found that relationships are worth more than \$100,000 in terms of life satisfaction, while actual changes in income buy very little happiness. Even better, give or get a hug.

Hugging is known to lower levels of stress hormones like cortisol. Hugging also activates the orbitofrontal cortex in your brain, which is linked to feelings of reward and compassion.

4. Complete a Task You've Been Avoiding

Often, the build-up to doing the aversive task is worse than actually doing it. And once you've crossed it off your to-do list, you'll feel a sense of accomplishment and relief.

5. Organize and De-clutter

A cluttered, disorganized environment can lead to inner discord. Set your timer for 10 minutes and tackle one spot that you wish was clear of clutter (like your kitchen counter or desk).

6. Do a Good Deed

Helping others and doing good deeds provide a natural mood boost. Even a quick good deed, like letting someone go ahead of you in line at the grocery store, is beneficial, but if you have more time volunteering is also great for your mood.

Volunteering can lower your risk of depression and anxiety, and even boost your psychological well-being. Not only does it keep you active and on your feet, but there's a definite social aspect as well, both of which contribute to happiness.

Volunteering to help others also gives you a sense of purpose and can even lead to a so-called "helper's high," which may occur because doing good releases feel-good hormones like oxytocin in your body while lowering levels of stress hormones like cortisol.

7. Donate Something

Along the lines of doing a good deed, sign up to be an organ donor, [donate blood](#) or, alternatively, donate your time or skills where they're needed most.

8. Smile

Putting on a [fake smile can worsen your mood](#), but thinking positive thoughts and then smiling as a result can make you happier. A genuine smile includes the facial muscles around your eyes, and can actually prompt brain changes linked to increased mood. When you smile at others, they're also more likely to smile back in return, creating an ongoing feedback loop that may lead to more positivity in your life.

9. Learn Something New

Is there a topic you wish you knew more about? Pick something that intrigues you or something you're passionate about — not something you *have* to learn. Spend 15 minutes reading up on your newfound passion.

Source: www.mercola.com