

How to Cultivate a “Lemonading Mindset”

1. **Pause before reacting**

Ask yourself: “Is there a playful or creative way to respond to this?”

2. **Name the absurdity**

Find something humorous or strange in the situation — exaggerate it, turn it into a metaphor, or share it aloud.

3. **Change the scene**

Sometimes a physical shift (like going outside, dancing, or doodling) can nudge the brain into a more flexible state.

4. **Connect with playful people**

Surround yourself with those who know how to lighten the load without denying it.

5. **Practice small daily reframes**

Missed your bus? Pretend you're in a slow-motion movie. Spilled coffee? Time for spontaneous latte art.

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“Minding The Mind”



Disclaimer: The above shares ideas in exploring personal progress as derived from various sources. It is intended as information only and is not intended as advice to engage in any specific physical or mental activity. Always consider whether these ideas, concepts, techniques & activities are right for you & always confer with your health professionals.