



## Scrambled Egg Brain

---

Perhaps your mind struggles with something other than racing thoughts. Some days your mind feels like scrambled eggs. Your mind feels like eggs that were cracked into the pan with the purpose of being a perfectly round white with a lovely yellow centre, intended for the top of a beautiful green lettuce salad, go south. Unfortunately, the eggs didn't take the form you expected and start to run into each other turning into scrambled eggs. Just like scrambled eggs your structured thinking how you will go about your day and what you need to achieve seem to have gone completely south. You struggle to maintain your sense of order; you suddenly realise that you need to work hard to focus without the distractions of intruding thoughts.

You start to feel panicked as you know you are struggling to focus. You feel your mind is about to shut down completely. It's scrambled egg brain and racing thoughts that leave you feeling you lack so much peace in yourself. How can you move your thoughts from scrambled egg mode into some sort of order? Well, I've got to say it's not impossible and learning to create order is achievable.

Firstly, take a deep breath, take the time to turn off every distraction. Just chill for a moment before redirecting your thoughts.

If you continually struggle with scrambled egg brain, try writing a list of small tasks to complete each day or week and make yourself determined to finish tasks. You can write down, verbalise, or create other ways to express some of those intruding thoughts or lack of connected ideas. You can learn to manage, minimise, and restructure your thoughts. Whatever method you chose you can develop and maintain a powerful sense of ordered thought life if you chose to.

During the years of thought re-structuring, I often used self-affirmations. Self-affirmations can be powerful for re-creating your thought life. E.g. "I can do this," or, "I can get it together." Speaking to your mind is a helpful tool, "Ok brain, let's get happening today," or, "Ok, I'm not going to get distracted." If verbalising self-affirmation recalls a picture of that old derelict man yelling as he pushes his cart along the street, you might like to re-think that. Developing a self-affirmation love language with your brain is a good thing. Telling your mind to calm down or slow down can send messages to the rest of your body, and can have a more calming effect on your body. I know from years of depression and anxiety, that you can practice a calmer brain without medications by practicing being aware of what your mind is doing.

It's helpful to write down, verbalise, doodle, or find other ways to express unproductive thoughts to help manage and minimise. Always remember it's all about managing then minimising.