



How to Think Differently about Facemasks

Do you find yourself feeling resistant to wearing a facemask when out in public?

The CDC is now recommending we all wear facemasks when going out into a public place where we cannot keep a 6-foot distance from one another. And it seems like a good idea to wear one if you're heading indoors with other people regardless.

Why do we think so differently about this, as opposed to other cultures? It comes down to the thoughts that create the beliefs our brains have adopted. Do any of these ring true to you about wearing facemasks?

- It seems like an overreaction
- People will think I'm weird
- I'm not a hypochondriac
- I'm staying away from people
- This is un-American
- This will scare children
- This is all ridiculous
- I'm not going to get sick

Each of these thoughts creates a corresponding emotion that cues you to not wear a mask. The thought is the written instruction, the emotion is the chemical translation that instructs your nervous system on what to do and not do.

But maybe part of you is wondering if you should wear a facemask. You're interpreting the facts and slowly starting to believe that maybe it's a good idea. But you're still concerned about how other people will react to it.

Here's the deal; you can't control how other people react to it. Just like you can't control how other people react to your daily appearance regardless.

What is in your control is you, and the thoughts you choose to think in order to drive your body into action to create the results YOU want. So say the result you want is wearing a facemask when you go into public. What thought is going to

create the emotion, or chemical translation in your body, that would encourage you to wear the facemask?

Let's start with emotion. What would you have to feel in order to compel yourself to wear the mask? Would it be:

- Conviction
- Motivation
- Seriousness
- Reverence
- Curiosity

Those are just a few examples. You have the power to do this. You can step outside your programmed thinking about ANYTHING in this world, and intentionally create new thought to drive new action.

So what would you need to think in order to create those emotions listed above? Here are a few thoughts that come to mind for me:

- Wearing this can help me not infect someone else.
- I want to stop this virus so life can get back to normal.
- I don't want to be someone that transmits this virus.
- It's incredible that something this simple can save lives.
- How many people might I be saving by wearing this mask?

I don't write this to try and make you think differently. I write this to show you that you have the power to think differently. It's an exercise in choice, and sometimes we forget that we can choose what to think, rather than simply go along with the reaction of our conditioned mind.

If this raises some curiosity for you and you have questions, just email sarah@braincleanupcoach.com.