

The 'I' in FLIP-It  
Thinking stands for  
**IMAGINATION**



## Importance of being imaginative when we're trying to solve a problem

As we get older, we become less willing to use our imagination. Maybe because we have developed more of a sense of fear/danger than when we were younger, or because we are more bothered about what our friends think of us.

This can lead us to 'play it safe.' Perhaps we try to find the one solution to a problem when there are lots. We might even try sorting things out in exactly the same way as last time – even though it didn't work then, and it probably won't work now.

Did you know that your brain can be very lazy! If you are wondering to yourself 'How can I do this?' Your brain will come up with the quickest and easiest answer. If you ask yourself 'How?' five times, you are far more likely to come up with a range of creative answers to begin trying. The same goes for 'Why?' questions...



## Using visualisation to help us overcome nerves

Positive visualisation is used by a lot by sports people. For example, when thinking about taking a penalty or before running a race. Lots of other famous, successful people use visualisation to run through upcoming scenarios in their head too. Perhaps the business leader who has to give a speech to a big audience. Or someone about to go on Dragons' Den?

If you've got something coming up that you're a bit nervous about, remember to power pose, say your personal mantra and run through it in your head, thinking about all of the things that are going to go really well for you. If you notice any negative mind chatter and/or any doubts creeping in, speak back to them in a positive voice.'

'I don't know my stuff' – 'Yes I do, I've been working on this all week.'

'I'm not as quick as the other runners' – 'I've been practising for months and I'm getting faster all the time. I'm going to go out and do my best.'

## Recognising when our imagination isn't being very helpful

Whilst it's great if our imaginations are running wild and coming up with lots of lovely ideas, there are other times that our imaginations run wild and they do us no favours whatsoever!

Our imaginations are very powerful, particularly as our brains can't distinguish between what is real and what is imaginary. For example, if someone shows us a picture of a spider and describes it crawling over us it *feels* real. Fear can hold us back but, remember, FEAR is just:

- False
- Expectations
- Appearing
- Real

What can you do if and when you recognise that your imagination isn't helping you?

SITUATION	WHAT COULD YOU DO?
You look at people in adverts and think that they look perfect, why don't I?	Know that nobody's perfect! There are people like Jameela Jamil, a famous actress, who posts pictures of the 'real her' if magazines have airbrushed her photo.
You 'compare and despair'. This means that you compare your life to people who you think have bigger houses, happier families, more possessions than you.	Think of all the things that you're grateful for. Whatever people post on social media, or however great their lives look from a distance – we can't truly know how happy people are. It probably took them 300 shots and a lot of editing to get the photo that they finally posted. Who wants to waste that much time and energy?
You have FOMO – a fear of missing out.	Know that, all electronic devices can be absolutely brilliant in keeping us connected with other people. They can also negatively affect our mental health and wellbeing if we feel we're being left out. Pick and choose when and how you use technology and make sure you enjoy your 'real life'.