



FIND YOUR ADVENTURE

*15 Ways
To Change Your State*

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Introduction

For many years, I struggled with low self-esteem, anxiety, and feeling disconnected from my inner peace. Through self-development, holistic health studies, and personal growth, I discovered that small daily actions can have a powerful impact on how we think, feel, and show up in the world.

I created this guide to share some of the simple tools that have helped me shift my mindset, boost my energy, and create more balance in my life. My hope is that they help you do the same.

Paula Middendorp
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Welcome Page

Life isn't always easy, and we all have moments when we feel stressed, stuck, frustrated, or simply out of sorts.

This guide shares 15 simple ways to help you shift your state, lift your energy, and reconnect with a calmer, happier version of yourself.

Because when you change your state, you can change your day and your life!

@paulamiddendorp





You are stronger than
you think, braver than you
feel, and more capable than
you know

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1-3

Ways to change your state

01. Name Three Things You're Grateful For

Gratitude is one of the fastest ways to shift your focus from what's wrong to what's right. Pause, breathe, and name three things, big or small. A warm coffee, a good friend, the fact that you woke up today. Let yourself actually feel them.

02. Repeat Your I Am Affirmations

Say them out loud, 10 times, like you mean it. I am amazing. I am so blessed and happy. I am so grateful for.....? Your words become your reality. Speak the version of yourself you're becoming.

03. Have a Dance Off, Be Delightfully Silly

Put on a song and just move. No audience, no judgement, no choreography required. Silliness is seriously underrated medicine. Let your body shake off what your mind is holding.



4-6

Ways to change your state

04. Get Outside and Walk

Fresh air, movement, sunlight your nervous system was designed for this. Even 10 minutes outside can flood your body with feel-good endorphins and completely shift your perspective.

05. Pay It Forward

Make someone a coffee, pay for a stranger's order, send an unexpected message of appreciation. When you shift your focus outward with kindness, something quietly shifts inward too.

06. Come Back to the Present Moment

Look around, what do you see? Listen, what do you hear? Feel the air on your skin. The present moment is always safe. Let it anchor you back to now.



7-9

Ways to change your state

07. Change Your Physiology - Posture Reset

Stand up tall. Roll your shoulders back. Lift your chest. Take five slow, deep breaths. Your body tells your brain how to feel, so use that. Power pose your way into a better state.

08. Cold Water Reset

Splash your face with cold water or hold something cold in your hands for 30 seconds. It's an instant nervous system reset and a powerful way to bring yourself back into the present moment.

09. Pattern Interrupt - Snap Out of It

Say STOP out loud or clap your hands once, then immediately shift your focus to something else. Break the loop before it spirals. You have more control over your thoughts than you think.



10-12

Ways to change your state

10. Future Pace Your Mood

Ask yourself: How do I want to feel in the next hour? Then choose one small action that aligns with that feeling. You get to decide, on purpose, not by default.

11. Write It Out - Don't Carry It

Do a quick brain dump everything you're thinking or feeling, no filter, no editing. Getting it out of your head and onto paper reduces emotional load instantly. You don't have to carry it all.

12. Music Mood Shift

Put on a song that matches the energy you want, not how you feel right now, and fully lean into it. Let music do what it was made to do. Let it change your state on purpose.



13-15

Ways to change your state

13. Change Your Environment

Move rooms. Go outside. Open the windows. Light a candle. Sometimes the simplest shift is a physical one. Change your space, change your energy.

14. 5-4-3-2-1 Grounding

When anxiety creeps in, try this: 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, 1 thing you can taste. This pulls you out of your head and back into your body, gently and immediately.

15. Smile - Even If It's Fake

Hold a smile for 30 seconds. It sounds too simple to work, but it genuinely signals your brain to calm down and lift your mood. Start fake, end real. It happens every time.



Conclusion



Life isn't always easy, and you don't have to pretend it is. But you also don't have to stay stuck in a state that doesn't serve you.

These 15 tools are here for you on the hard days, the overwhelming days, and the days when you just need a reset. Come back to this guide whenever you need it. Save it, screenshot it, share it with a friend who needs it too.

You deserve to feel calm, confident and truly enough. And you already are.

With so much love, Paula x

Visit my website for more tips and tools at:
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