
THE 7-DAY DRAMA DETOX
Break the Cycle, Quiet the Chaos, and Reclaim Your Brain.
AVAIYA UNIVERSITY

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Introduction: We've All Been There

Let's be real for a second. Have you ever felt like your life is just one giant game of "Whack-A-Mole" with problems? Like the second things get quiet, you find yourself scrolling for bad news, picking a silly fight, or worrying about something that hasn't even happened yet?

There's a reason for that, and it's not because you're "broken." It's actually because your brain is a bit of a chemistry junkie. It gets used to those big hits of adrenaline and cortisol that come with stress and drama. When things get peaceful, your brain starts "itching" for its next fix.

This week isn't about being perfect. It's just a 7-day experiment to see what happens when we stop feeding the monster. Let's do this together.

Day 1: Catch the "Hit"

Today, we aren't changing anything. We're just watching.

You know that "zapping" feeling you get when you see a snarky comment or remember something embarrassing you did in 2014? That's a chemical release.

Your Task: Every time you feel that "jolt" today, just say to yourself, *"Oh, look at that. My brain's looking for a hit."* Don't judge it. Just name it. Once you name it, you aren't "in" it anymore; you're observing it.

Day 2: The 90-Second Rule

Here's a cool bit of science: a chemical emotional surge only actually lasts about 90 seconds in your bloodstream. If you're still mad after 10 minutes, it's because you're *choosing* to keep the loop going.

Your Task: When someone says something you're itching to react to or a text annoys you, look at your watch. You're not allowed to react for 90 seconds. Breathe, count some ceiling tiles, whatever. Just let the chemicals wash out of your system before you open your mouth.

Day 3: Quiet the Noise

Our phones are basically "Drama Dispensers" we carry in our pockets. Every notification is a tiny spike of stress.

Your Task: Today's a digital diet. Turn off all those distracting notifications - especially the news alerts and social media pings. Check your phone only when *you* want to, not when *it* screams at you. Notice how much lower your "baseline" feels by the end of the day.

Day 4: Lean into the "Boring"

When you stop the drama, you're gonna feel bored. And for a chaos addict, boredom feels like death. But guess what? Boredom is actually where your brain starts to heal.

Your Task: Sit in total silence for 10 minutes. No phone, no podcast, no "to-do" list in your head. It'll feel twitchy at first. That's just withdrawal! Stick with it. You're teaching your body that quiet is safe.

Day 5: Move Your Body, Change Your Mind

When your mind is stuck in a loop, you can’t "think" your way out of it. You’ve gotta "move" your way out of it.

Your Task: If you catch yourself ruminating on a problem today, immediately do something physical. Take a quick walk, do some stretches, or even just wash the dishes. Changing your physical state breaks the chemical circuit.

Day 6: The "Slow Burn" Joy

"Drama is like a massive sugar rush—it’s a fast, jagged spike that leaves you feeling totally crashed and burned-out later. Today, we’re looking for 'slow-burn' happiness instead."

Your Task: Do one thing today that takes a while and doesn’t give you an instant reward. Bake something, work on a puzzle, or read a physical book. We’re re-training your brain to enjoy subtle, steady feelings instead of jagged spikes.

Day 7: Resolution vs. Rush

You made it! Today’s about the future. Before you engage in any "intensity" today, ask yourself a simple question.

Your Task: Ask: *"Am I doing this to actually solve a problem, or am I just looking for a rush?"* If it’s just for the rush, walk away. You’ve got better things to do with your energy now.

The 7-Day Cheat Sheet

Day	The Goal	The Micro-Action
1	Awareness	Name the "Hit" when it happens.
2	Patience	Wait 90 seconds before reacting.
3	Environment	Turn off those noisy notifications.
4	Tolerance	Sit in the "boring" silence for 10 mins.
5	Biology	Move your body to break a thought loop.
6	Recovery	Do one "hands-on" activity.
7	Growth	Ask: "Is this a rush or a resolution?"

Wait, I Have Questions! (FAQs)

What if I mess up on Day 3 and spend two hours doom-scrolling?

Don't sweat it! You're breaking a biological habit, not trying to win an Olympic medal. If you slip up, just notice it without beating yourself up. That "guilt" you feel? That’s just another chemical hit. Just take a breath and jump back in.

Why do I feel more tired than usual?

That’s actually a great sign. Your body has been running on "high alert" (adrenaline) for so long that when you finally turn off the tap, your system realizes how exhausted it actually is. Let yourself rest. You’re recovering from a chemical marathon.

My friends/family thrive on drama. How do I deal with them?

This is the tough part. When you stop "playing the game," people who are still addicted to the rush might try to pull you back in. You don’t have to judge them, but you do have to protect your peace. Use your "90-second buffer" and remember: you don't have to attend every argument you're invited to.

Is it normal to feel "empty" when things are peaceful?

Totally. We’ve been conditioned to think that 'peace' equals 'boring.' It takes time for your brain to re-sensitize itself to the little things. Stick with it, and soon you’ll find that just sitting out on the porch in the sun feels way better than a loud, pointless fight."

Wrapping It All Up

At the end of the day, you aren’t meant to live in a constant state of "emergency." Your brain’s a powerful tool, but it can get caught in some pretty messy loops if you aren't careful.

By finishing this week, you've started the hard work of reclaiming your energy and your focus. It’s not about never feeling stressed or upset again—that’s just life!

It’s about making sure *you* are the one making the decisions, not your internal pharmacy. We’re so proud of you for taking this week to slow down and check in with yourself. Keep choosing that "baseline calm," and

remember that peace isn't just a lack of chaos; it’s a whole new way of living.

You’ve got this, and we’re always in your corner!

And as always, we want to remind you that we’re all on this “AVAIYA Journey” together.

We’re all life explorers here, but—we aren’t always moving at the same speed. And you know what? That’s completely okay.

At AVAIYA, we believe we’re all on our own individual “AVAIYA Journey,” yet we’re traveling side-by-side.

You’re gonna love the days when you’re piloting a rocket ship, breaking barriers, and flying high. But there’re also going to be days where you feel like a car stuck in traffic.

You might even have days where you break down on the side of the road and just need to sit there for a while, feeling a little frustrated or sad. And hey, that’s okay, too. Whenever you’re finally ready, you just lace up your sneakers and walk the path—one step at a time—back toward your best life.

We’ll Meet You Where You Are.

At **AVAIYA**, we don’t care if you’re speeding down the highway or taking the scenic route. We just want to make sure you have exactly what you need to keep moving.

Think of us as your roadside support and your launchpad all rolled into one:

When you’re walking, we’re the bridge to get you over the gap.

When you’re driving, we’re the premium fuel to keep your engine running.

And when you’re finally ready to fly? We’re the runway.

How We Support You

Every single week, we send out supportive resources designed to meet you at the moment.

Keep an eye out for our free **Tuesday Tune-ups** and our **Thrifty Thursdays.**

Take advantage of the resources that'll support you right now, and if one week doesn't speak to you, don't worry—next week will most likely have just what you need.

Plus, we'll continue to create our Deep-Dive Free Online Conferences and other supportive materials to keep your tank full.

No matter where you're trying to get to—or how long it takes you to get there—we're building new pathways to help you arrive.

Warmly,

iKE ALLEN & Ande Anderson, MS, RD

Co-Founders of **AVAIYA** University

