

Staying Calm In The Moment

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MCT Conference Presentation Reminder



Key Points:

Not all moments are the same so I gave you 4 different techniques to help you to get your nervous system into balance and to find calm.

Key to your emotional and mental health and wellbeing is the ability to regulate your nervous system, and the first technique my 'Reset Button' is the best way to do this.

Reset Button: Taking an action 'on purpose' puts your brain into thinking mode rather than auto mode. To get back to balance after a moment of stress you need to take 3 long, slow, deep breaths. This 'resets' your nervous system. Then to become calmer, take 3-6 more long, slow deep breaths, this time making each out-breath longer than the in-breath.

Running Commentary: You cannot think of nothing, to cut out the 'jibber jabber' you have to focus and your mind/brain can not focus on 2 things at the same time. So when you need to stop the mind chatter - start a 'running commentary' on whatever you are doing. Either in your head or out loud, literally comment on everything you do. I mean everything!! This crowds out the negative thoughts.

Be In THIS Moment: This is a good mindful exercise to help you to be calm, relax and be fully aware of being in the moment, whereas thoughts are often focusing on the past or the future. You focus on taking a breath in and saying in your mind 'I AM' and as you breathe out you say 'IN THIS MOMENT'. As you say the word 'THIS' become fully aware that you are, in fact, in THIS moment. If possible do this 6 times, the more the better.

The Thigh-Slap Relaxer: In a sitting position, start to slap your thighs with your open palms and get into a good rhythm. Not too fast but one that you can slow down. Then start to breath 'In-2-3-4' then 'OUT-2-3-4'. Do this a few times then slow the pace and repeat a few times. Then slow down again until you are breathing to a slower rhythm.

**If you have any questions
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