

Calming our mind & body

Let's practice!



To start with....

There are different ways to calm our mind and body.
It is not that one way is better than the other.

We can try different methods and **find out which ones suit each of us.**

Whichever method we use, the most important thing is
we practice the skill regularly.

It is like learning a foreign language.

To have a good command of something, we need to keep using it.

And even if we get good at it, if we don't use it regularly, we may lose the skill.

Start practicing when we feel calm.

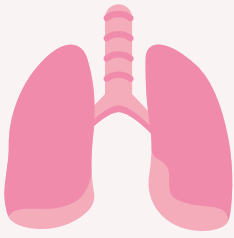
Then practice more when we feel a bit anxious, irritated or sad.

If we continue this, it becomes easier to apply the skills when we feel very emotional or panicked.

It takes some time to become really good at these skills.
And it is ok.

Let's be patient and persistent!

Mind & body calming skills



1. Breathing



2. Dropping anchor



3. Leaves on the stream



4. Self havening



5. Progressive Muscle relaxation



6. Guided visualization

Breathing



There are a variety of ways to breathe to calm our mind and body.

Some people prefer to breathe out through the nose, and some through the mouth.

The important points are

- Breathe in through the nose
- Breathe using our abdomen (tummy, diaphragm)
- Breathe slowly
- Spend a longer time breathing out, than breathing in

4-7-8 breathing

This is the [link](#) to 4-7-8 breathing that many people have found helpful.

Also, you can follow this [video](#) by Dr. Weil

Steps

- Breathe in for 4 counts,
- Hold for 7 counts
- Breathe out through the mouth for 8 counts forcefully.

Dropping anchor



Have you ever felt that you were so anxious that your heart would explode and there was no way to control it?

Have you ever felt so angry that there was no way to calm you down, other than yelling and punching?

Or have you ever felt your heart was disturbed for whatever reason and it was hard to find peace in mind?

If this is you, let's try "Dropping anchor".

"Dropping anchor" uses a simple formula: **ACE**

- A: Acknowledge your thoughts and feelings
- C: Come back into your body
- E: Engage in what you're doing

You find more information in [this handout](#) by Dr. Russ Harris, a doctor and acceptance and commitment practitioner in Australia.

You can also find his audio recording to guide you [here](#).

Leaves on the stream

Do you have many thoughts coming up and feel overwhelmed?
Let's try "Leaves on the stream"!



Steps

1. Close your eyes
2. Take a deep breath a couple of times
3. Imagine you are sitting in front of a river
4. Leaves are flowing on the stream
5. Put your thought onto the river when it comes

Here is a link to one of the [videos](#) on Youtube that I suggest you to use initially as a guide.

If you like Sushi,



you can try [this one](#), too.

Self havening



Havening is an alternative therapy that was created by a doctor, Ronald Ruben, and his brother Steven.

Havening is designed to **make changes in the brain to remove an emotional traumatic memory and its negative effects** using physical touches.

*If you are interested, here is [a link](#) about havening.

Havening involves stroking the upper arms, face, and palm of hands.

Usually a Havening practitioner touches you to do this but you can also do this by yourself, which is called **Self-Havening**.

I suggest you try following [this video](#) by Dr. Robin Youngson, a medical practitioner in NZ who practices havening.

You may find self-Havening extremely calming ♥

Progressive Muscle relaxation



Progressive muscle relaxation can be very calming and relaxing. (And you don't need a cat!)

It is best to do this when you have at least 15 minutes of undisturbed time.

You can definitely practice this before you go to sleep in your bed!

Steps

1. Find a quiet place and sit or lie down
2. Get ready with deep slow breathing
3. Start tensing the muscles of your body part then relax them. Feel and enjoy the relaxation!
4. Move to the next part the body and repeat the process

Here is a [link](#) to the video from New Castle hospital, that you can use as a guide.

There are many videos and audio recordings. So you can find the one you like.

Or of course, you can guide yourself using your mind voice!

Guided visualization



Guided visualization can be practiced first when you are not very upset.

Then you can use that calming and peaceful image to anchor you when you are feeling upset to bring down your nerves.

Start from guided imagery visualization following an audio recording. Once you are good at it, you can just use your imagination as well.

Steps

1. Find a place where you won't be disturbed
2. Take a few slow deep breathes
3. Imagine you are in a peaceful place
4. Use your all senses; feel the air in your lungs, feel the ground on feet, smell the air.etc

Here is a link to [a video](#) from the Children's Hospital of Orange County.

Again there are heaps of videos online.

Find the one you like. Enjoy!

Practice! Practice! Practice!

We don't get calm just reading this ebook.

We need to practice to learn and to be better.

Pick one or a few of the methods and start practicing them.

Put this in the routine of your life!

Practice with somebody else!

Teach others how to do it!

An example of your logbook

	Breathing	Anchor	Havening
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To finish off...



Is there any skill you are particularly interested in?
Is there any skill that you would like to start practicing today?

Whichever one you decide to start practicing,
PERSISTENCY is the key.

**Master at least one skill that you can immediately apply
when you are really upset.**

And this is your 

Practice every day.
Incorporate this into your routine.
Practice with your family.
Practice with your friends.

If you see somebody overwhelmed with emotions,
be with that person and share your skill.

You are not broken.

Dr. Noriko Noda offers medical consultations
and life coaching sessions to help you
live your life fully.



Book a free discovery session

