

Taking Control of Your System

THE WAY IT IS

When you have important decisions, internal chatter is destabilising. The next thing we know, our autonomic nervous system is out of balance and we experience states such as fear, stress, worry.

Yet, for quality decision making, we need the opposite of a busy, noisy mind; we need to be able to observe with discernment, to take in and process information. We need to be in a state that allows our brain to process clearly and efficiently.



SCIENCE TO EXPLORE

Our autonomic nervous system has two main parts: one which helps us be calm and feel safe; another which helps us with flight and/or fight.

A simple (delightfully entertaining) intro to this system

<https://www.youtube.com/watch?v=71pCilo8k4M>

A more technical intro

<https://www.youtube.com/watch?v=DPWEhl7gbu4>

How to calm yourself

<https://www.youtube.com/watch?v=8FpKpW0EhYo>

Breathe to Heal | Max Strom | TEDxCapeMay

<https://www.youtube.com/watch?v=4Lb5L-VEm34>

Change Your Breath, Change Your Life | Lucas Rockwood | TEDxBarcelona

https://www.youtube.com/watch?v=_QTJOAI0UoU

HERE IS A TOOL

Box Breathing: breathing in, holding, breathing out and holding for the same count.

Here is how:

- Release your breath fully
- While breathing in, count to a number, say 4 or 5
- Hold the breath while counting to the same number
- Breathe out while counting to the same number
- Hold for the same count
- Repeat steps 2 to 4, at least three times

1. Periodically just stop, breathe, and just notice what you can **hear, see, feel, smell** – nothing more
2. Any time your mind starts to chatter, just gently tell it to be quiet for a few more moments



HERE IS THE PRACTICE