

4 Mind-Body Skills

To Be The Change You Want To See In The World!

TRICKS TO SWITCH:

OFF: THREAT/DANGER/RED-ALERT CHEMISTRY

ON: CALM/RELAXED/AWARE CHEMISTRY

✓1. CHECK IN

Direct your attention to the signals within you.

- Take your attention into your physical body.
- Notice any sensations that are there.

✓2. NOTICE, ACKNOWLEDGE, ALLOW

What to do with what you notice.

- Whatever you notice, acknowledge it.
- Whatever you notice, allow it to be however it is.
- Notice how your body sensations respond to your attention - if they change or stay the same.

✓3. SOFT BELLY BREATH (as a gift)

2 benefits/ways to use:

DIFFUSES AGITATION - THEIRS & YOURS

INCREASES COMFORT - YOURS & THEIRS

- Let your belly be soft.
- Take in a deep, full breath into a soft belly.
- Release the breath as fully as you comfortably can.
- Notice how your body responds - if it changes, or stays the same.
- Notice how others respond to you!

✓4. BFI - BETTER FEELING IMAGE

*Allow an image that **feels good** to mind, body & spirit...*

- Give yourself a few soft belly breaths.
- Move your attention to the right side of your brain.
- Allow an image to come to mind of something that feels good to your mind, body and spirit.
- Notice details about whatever has come to mind.
- Notice any good feelings you are aware of as you notice this image that feels good to your mind, body and spirit.
- Allow yourself and give yourself permission to enjoy any good feelings you are noticing.