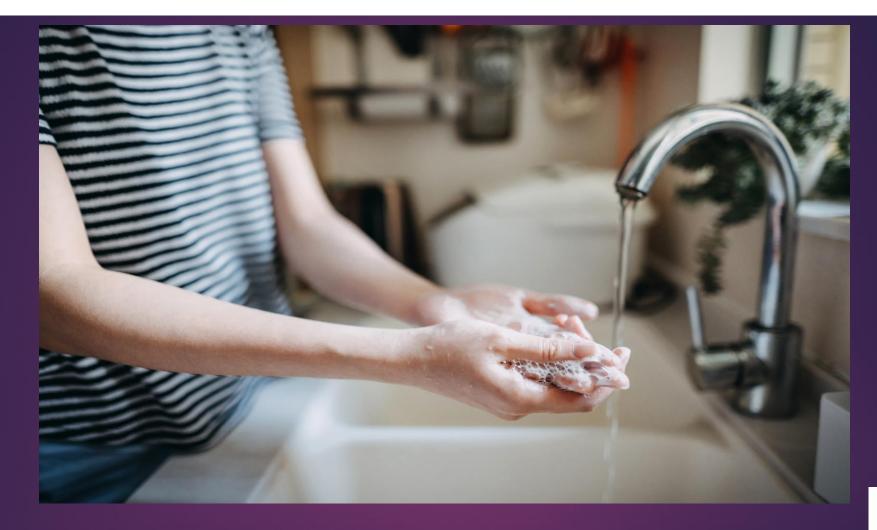


### Your Personal Rapid Response Plan HACKS TO GET YOU BACK ON TRACK



# Pull Your Thoughts Together





### **#1 PRACTICE MINDFULNESS**



### **Practice Mindfulness**

Take any routine and give it your full attention

- Pay attention to the senses associated with the activity, such as the sound and feel of the water, the movement of your hands, the scent of the soap, etc.
- Do the dishes to do the dishes; take a walk to experience each step, the smells, how you are feeling, etc.





#### **#2 PRACTICE EMERGENCY BREATHING**



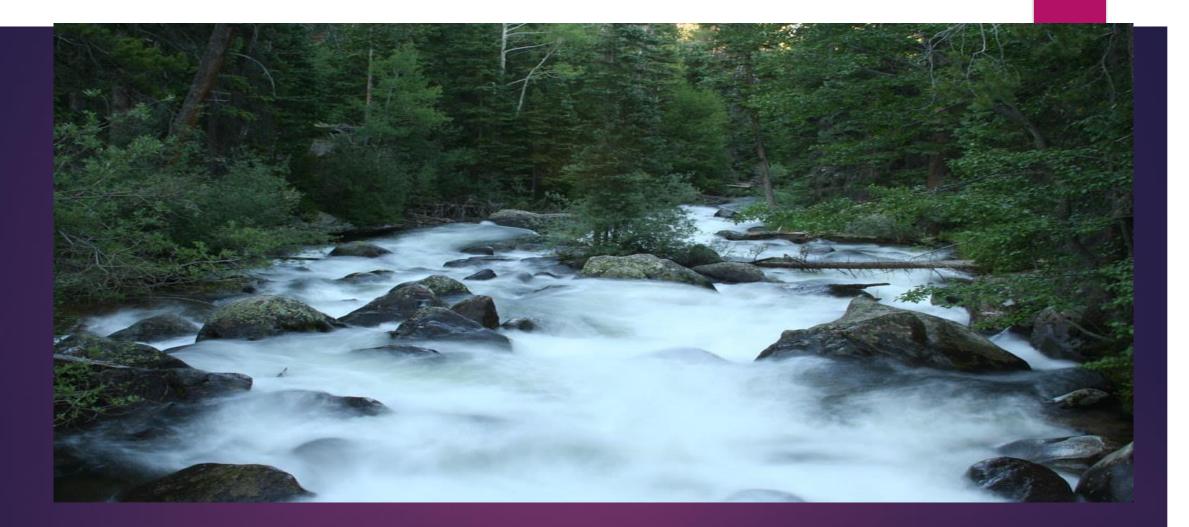
### Practice Emergency Breathing (4x4)

- Find a comfortable place and sit or lie down
- Keep your back straight
- Take 4 deep cleansing breaths
- Count to 4 as you inhale through your nose
- Count to 4 as you hold your breath
- Count to 4 as you exhale through your mouth
- Do it until you feel grounded



### Move from Anxiety to Peace





#### **#3 PRACTICE NATURE MEDITATION**



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### Practice Nature Meditation 1

- Sit comfortably. Keep your eyes focused a yard or two in front of you.
- > Close your eyes. Begin to follow your breath.
- Relax your muscles. Concentrate on keeping your spine straight.
- Follow your breath.
- > Let go of everything that is in your mind.
- Imagine you are a pebble that was just thrown into a stream.



### Practice Nature Meditation 2

- You glide through the water effortlessly
- Detached from everything, you fall by the shortest distance possible, reaching the bottom—the point of perfect rest.
- You let yourself fall into the stream, letting go of everything.
- Follow your breath.
- When you feel yourself resting like the pebble on the riverbed, you will feel relaxed.



### Practice Nature Meditation 3

- You are no longer pushed or pulled by anything.
- When you are feeling totally relaxed, thank your body for its work and remember this feeling throughout the day.









- > Sit quietly with your eyes closed.
- Take a few deep breaths in and out through your nose. Breathe from your belly, not your chest.
- Notice where you feel discomfort anxiety or tension.



- Continue with deep breaths and make them deeper, if possible.
- Take one or both hands and place them on the anxious or tense place in your body.
- Keep breathing gently and feel the warmth of your hands on that place



- Allow the warmth of your hands to comfort this part of your body.
- > Accept yourself fully at this moment.
- Take as long as you need to feel you are complete.
- > Take a few more deep breaths.



- Send loving energy throughout your body, especially to the place you just listened to.
- > Thank your body for communicating with you.

Source: Shimoff & Associates, Inc.



# Go from Exhausted to Invigorated





#### **#5 PRACTICE THE BREATH OF FIRE**



## Practice the Breath of Fire 1

- > Breathe from your belly (not your chest).
- > Take a big belly breath.
- Exhale through your nose.
- > When you exhale, pull your belly back to the spine.



### Practice the Breath of Fire 2

- > Empty your breath and release your belly.
- Quicken the pace—like you are blowing a candle out with your nose.
- > If you feel lightheaded, slow down a bit.
  - Source: Dr. Sue Morter





#### **#6 BOUNCE AND SHAKE!**



### Bounce & Shake 1

Stand with your feet shoulder width apart

- Bend you knees and bounce up and down on your knees—don't jump, just bounce.
- > Have your arms hanging down at your side.
- Shake your hands while you are bouncing up and down for about 20 seconds.



### Bounce & Shake 2

- Then, move your hands up to your waist level and continue shaking your hands and bouncing for another 20 seconds.
- Then, move your hands up to your shoulder level and continue shaking your hands and bouncing for another 20 seconds



### Bounce & Shake 3

- Then move your hands over your head and imagine that you are at a rock concert and shake for another 20 seconds.
- > Then, reverse it.
- You will feel so much energy flowing through your body.





### **Inner Wisdom Priorities**





#### **#7 CHOOSING YOUR YES OR NO**



- Breathe up and down the central channel 3 times.
- Stay in your body and focus upon "yes." Notice what's happening in your body. You may feel like you are moving forward (moving towards).
- Notice your chest area. Say Yes. Yes. Yes several times.
- Do the same with your shoulders, belly, solar plexus separately.



- > Notice how your body feels.
- Inhale and then exhale.
- Stay in your body and focus upon "no." Notice what's happening in your body. You may feel like you are leaning backwards (resisting).
- Notice your chest area. Say No. No. No several times.



- Do the same with your shoulders, belly, solar plexus separately.
- > Notice how your body feels.
- Inhale and then exhale.
- Remember how you feel with "yes" and "no."



- Practice this anywhere (like even when stopped in traffic) so that when you are faced with a question, you will know your "yes" or "no " in an instant.
- Source: Shimoff & Associates, Inc.





Need Further Instructions? Free Advice!





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