

HOLISTIC COUNSELLING

7 Steps to Calm...

Present Moment Awareness



Practiced daily, being fully aware in the present moment can become a way of life which is not only beneficial but is also key to becoming and staying happy and healthy. Otherwise known as mindfulness, there is significant scientific evidence now to support this notion. Learning to engage in present moment awareness will assist you to relieve anxiety, reduce worrying and will also support you to feel more connected, to yourself, to others and to the world around you. Other real benefits may include improved pain management, stress reduction, better general health and an enhanced ability to cope with difficult emotions.

7 Steps to Calm - (repeat 3 times)

1. Name what you are feeling.

Identify and name it. Right now I am feeling

2. State your change intention.

I am now creating a feeling of... "Calm".

3. Take 3 slow deep breaths (count 3 in, 4 out, per breath).

1... slowly in through the nose, 1 & 2 &...

2... out through the mouth, 1 & 2 & 3 & ...

4. Notice what you can see, hear, touch, taste, smell, right now.

Intentional sensory experience is key here.

5. Focus your senses on positive experiences in this moment.

I see the colour soft blue... The sun is warm on my face...

6. Repeat your change intention.

I am now creating a feeling of "Calm".

7. Take 3 slow deep breaths... and repeat.

Right now I am feeling

Important Note - ASR

Practised regularly, learning to create calm for yourself will develop your ability to better deal with stressful life situations.

"7 Steps to Calm" is not intended for use in Acute Stress Response situations and nor is it intended as medical advice.

An Acute Stress Response (ASR) is a physiological reaction that occurs in the presence of something that is terrifying either mentally or physically. An Acute Stress Response is triggered by the release of hormones that prepare your body to either stay and deal with a threat or to run away to safety.

Acute Stress Response

*Supporting you...
to create lasting change*



LIFE MATTERS
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