

Keeping Calm in the Midst of Chaos:

“Where is my body right now...?”

Help with the Short Relaxation Audio:

It would be very useful before going any further with this to download the “Short Relaxation Audio” from here https://hypnowellness.co.uk/wp-content/uploads/2016/05/Short_Relaxation_Audio.mp3

Find yourself somewhere comfortable where you can sit back or recline; where you won't be disturbed and it's safe to close your eyes. Headphones are recommended, but are by no means essential.

Let the audio run through and just let go of your thinking as best you can. The invitation in the audio is to focus on various parts of the body; and as you feel them, to release any tension you're willing to at that moment. I would suggest listening a couple of times a day (mornings are best for one of those times) but not within three hours of bedtime.

Then, whenever you remember, at any time during your daily activities; no matter where you are or what you're doing (unless you're involved in an activity that demands your full attention for reasons of safety); ask yourself:

“Where is my body right now?”

So begin at your head – just like the audio – and “scan” down through every part of your body that you can identify and feel. Allowing each part to soften and relax as best you can. Only spend a few seconds on this for the whole of your body. Thirty seconds is about the right length of time for this.

Then return to whatever task you were performing until the next time you remember to ask:

“Where is my body right now?”

And scan once more...

This exercise will enable you to drain off excess adrenaline regularly throughout your day and make a state of calmness a more natural and readily obtainable experience.

“What would it be like if I could...?”

One of the major contributors to anxiety is the overwhelming urge to DO something.

It will be one of the most common questions that I’ll hear when I’m with a new client:

“What can I DO to stop feeling so anxious?”

An obvious question with a less-than-obvious answer:

“You’re already doing TOO MUCH!”

When we’re anxious, we become “self-absorbed” and spend a huge amount of our time focussed on how we’re feeling – more specifically, how BAD we’re feeling.

“I’m short of breath”

“I’ve got pains in my chest”

“My legs feel shaky”

“I keep feeling something terrible is going to happen to me”

“My stomach is churning”

The list is endless, extremely uncomfortable; and very hard to endure.

So I would invite you now, *as best you can*, to gently turn your mind to what calmness is like.

No, I’m not asking you to BE calm; just to think about what calmness is LIKE.

So instead of saying to yourself something like “I just CAN’T be calm right now, not with all this going on!” I would say: “OK – that’s fine. You don’t HAVE to be calm, but if you COULD be, what would that be like?”

This way, your mind will be gently re-focussed on what makes up a state of *calmness*, not a state of *anxiety*.

So answering that question to yourself might go something like this:

“I don’t have to be calm; but if I COULD be, what would my breathing be like?” (“Well, I suppose it would be a bit deeper – like this”.)

“I don’t have to be calm; but if I COULD be, what would my jaw muscle be like?” (“Well, I suppose it would be a bit softer – like this”)

“I don’t have to be calm; but if I COULD be, what would my posture be like?”

(“Well, I suppose it would be a bit more relaxed – like this”)

Do you get the idea? As you think more and more of all the “components” that make up a state of calmness, you’re much more likely to create that state naturally, without having to DO anything.