



# Connect to your Calm

In this workshop, we are going to ...

- Discuss the connection between what you think and how you feel
- Explore simple and effective techniques you can use to deal everyday stress





## Thoughts & Feelings

As a human being on this planet, you will experience many many different feelings during your lifetime. Many times people label the ones that make you feel uncomfortable as "bad" but remember this is not true ... feelings are neither good or bad. Since your thoughts affect how you are feeling, when you are feeling worried, overwhelmed or stressed out, you need to **STOP** and pay attention to what you are thinking. It's amazing the power that our thoughts have over our moods!



**Don't  
listen to  
everything  
you think!**

### **Step 1: Notice Your Thoughts**

**Your Notes:**

**Let's see what you  
already know!**

1. The average person has between 50K - 70K thoughts a day.

True or False

2. Approximately what percentage of those thoughts are repetitive?

- a) 15 %
- b) 30 %
- c) 75 %
- d) 95%

3. You do not have to listen to everything you think.

True or False

4. Ignoring a thought is the same as "letting it go".

True or False

### **Step 2: Do Something the**

**Write your notes in  
space provided.**

a) Challenge Your Thoughts

b) Let it Go

No matter how much we watch our thoughts or let them go, sometimes you end up feeling worried, nervous or anxious.

 **That's OK - it happens to EVERYONE.** 

Yup, even that person who always seems so calm, confident And happy ... it happens to them too, you just might not see it. When it comes to an uncomfortable feeling, it's important to acknowledge it, find healthy ways to express it and deal with it.

Let's take a look at a few things you can do if you are feeling overwhelmed by your feelings. It is much easier to cope if you are feeling a "Level 2" worry vs a "Level 9" worry.



## 4 Breathing Techniques

1. 3 long slow deep breaths

2. 4 -7 -8

3. Rhythmic Breathing

4. Alternate Nostril Breathing

## What is Belly Breathing?

Belly breathing allows you to focus on filling your lungs fully. It's a way to counteract shallow, stressed-out breathing:

- Sit in a comfortable position with one hand on your belly.
- With your mouth closed and your jaw relaxed, slowly inhale through your nose and allow your belly to expand.
- As you slowly exhale, imagine the air emptying from your lungs, and allow the belly to flatten.

This kind of breathing stimulates your parasympathetic nervous system which produces a calming effect in the body.



## Tips When Beginning:

1. Practice when you are feeling relaxed.
2. Start with 5 mins a day and work your way up to 10 mins twice a day to get maximum health benefits.

# What is Acupressure?

Write down what you want to remember here! 

- 1.
- 2.
- 3.

**Did you know ....**  
 Acupressure is an ancient healing art that has been around for more than 5000 years.

No needles for this one!



<p style="text-align: center;"><u><b>Sea of Tranquility (CV 17)</b></u></p> <p style="text-align: center;">3 finger widths up from base of breastbone</p>	<p style="text-align: center;"><u><b>Inner Gate (P6)</b></u></p> <p style="text-align: center;">Palm Up. 3 finger widths up from wrist crease between the bone &amp; the tendon</p>
<p style="text-align: center;"><u><b>Third Eye Point (GV 24.5)</b></u></p> <p style="text-align: center;">Directly between the eyebrows where the bridge of the nose meets the forehead</p>	<p style="text-align: center;"><u><b>Spirit Gate (H7)</b></u></p> <p style="text-align: center;">Palm Up. On the little finger side of the forearm at the crease of the wrist</p>
<p style="text-align: center;"><u><b>Hand Valley Point (LI 4)</b></u></p> <p style="text-align: center;">Palm down. Squeeze your thumb into your index finger and press the "lump" created by the webbing.</p> <p style="text-align: center;">Relax fingers</p>	<p style="text-align: center;"><u><b>Stress Dissolver*</b></u></p> <ul style="list-style-type: none"> <li>• Place thumbs on your temples</li> <li>• Lightly place pads of fingers on the middle of forehead</li> <li>• Hold firmly but without pressure for at least 2 - 3 minutes</li> </ul>

**When applying acupressure to the points listed above:**

- apply firm pressure but it should not hurt
- apply pressure gradually to start and to release
- practice belly breathing throughout
- hold for at least 3 - 4 minutes
- each point will require different amounts of pressure

\* This technique is from Donna Eden's book "Energy Medicine "which combines energy medicine & acupressure.

# EFT

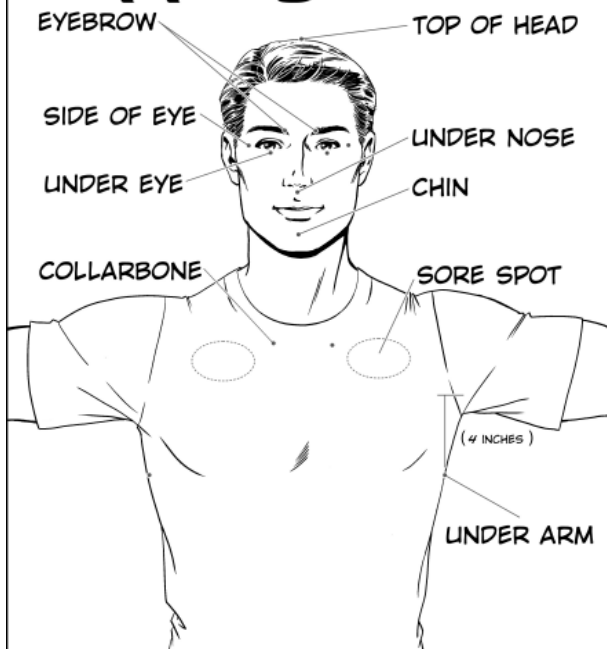
## Emotional Freedom Technique

### Your Tap Routine

1. Identify the issue and be specific as possible
2. Rate the intensity (0-10)
3. Create a Set Up Statement & a Reminder Statement
4. Tap karate chop point & say Set Up Statement 3 times
5. Tap the 8 points 5 -7 times each saying your Reminder Statement
6. Take a sloooooooooooooow deep breath
7. Rate the intensity again
8. Repeat until you get the relief you want



## ***Tapping Points***



Courtesy of [www.ThrivingNow.com](http://www.ThrivingNow.com) & [www.Joy-Connection.com](http://www.Joy-Connection.com)  
Visit us for free reprint information and energy tapping tips  
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### Your Notes

**SET UP STATEMENT:** Even though I feel (insert feeling here & be as specific as possible),

- I'm OK
- I accept it
- I am safe
- I choose to let it go
- It's OK to feel this way
- Or make up one of your own!

**REMINDER STATEMENT:** 1 or 2 words that summarize.

## Let's Get Real



For the next 5 scenarios, reflect on the techniques we have just reviewed and any other personal favorites, then write down which one(s) you would use.



### Scenario #1

Technique:

### Scenario #2

Technique:

### Scenario #3

Technique:

### Scenario #4

Technique:

### Scenario #5

Technique:

## Things to keep in mind ....

- ➔ This is just an introduction to these concepts - do some more research or get a book to learn more.
- ➔ Practice and be patient with yourself.
- ➔ Everyone is different - it's up to you to figure out what works for you.
- ➔ These techniques ARE NOT intended replace any prescribed or ongoing treatment program supervised by a healthcare professional.
- ➔ Seek more help when you need it. Everyone needs extra support from time to time.



### The STOP Challenge

Elisha Goldstein, PhD recommends we **STOP** a few times throughout the day:

- S** - Stop
- T** - Take a Deep Breath
- O** - Observe how you are feeling
- P** - Proceed

When you get to the "O", if you **observe** you are feeling "good," then carry on as is. If you are feeling overwhelmed, frustrated, worried, nervous etc, then **proceed** using one of the techniques you learned in this workshop.

"Never apologize for what you feel. It's like saying sorry for being real."

- Anonymous -

" Nothing can bring you peace but yourself."

- Ralph Waldo Emerson-

" Feelings are just visitors. Let them come and go."

- Mooji -

" When you change the way you think, you can change the way you feel."

- David D. Burns -

" When you own your breath, nobody can steal your peace."

- Anonymous -



## References

Here are some of the sources I used to creating this program:

### Thoughts & Feelings

- youth.anxietybc.com
- www.healthyplace.com/blogs/anxiety-schmanxiety/2014/03/with-anxiety-are-your-thoughts-trustworthy/

### Letting Thoughts Go

- youth.anxietybc.com
- "The Power of Now " Eckhart Tolle

### Challenging Your Thoughts

- youth.anxietybc.com
- www.thehappinessinstitute.com/freeproducts/docs/Managing%20Unhelpful%20Thinking.pdf
- "The Feelings Book" American Girl
- http://psychcentral.com/lib/challenging-negative-self-talk/

### Rhythmic Breathing

- www.anxietybc.com/sites/default/files/CalmBreathing.pdf
- yoga.about.com/od/breathing/qt/samavritti.htm

### 4-7-8

- www.drweil.com/drw/u/ART00521/three-breathing-exercises.html
- GoZen <https://www.youtube.com/watch?v=Uxbdx-SeOOo>

### Alternate Nose Breathing

- Yoga with Adrienne - Alternate Nose Breathing <https://www.youtube.com/watch?v=8VwufJrUhic>
- http://blogs.psychcentral.com/stress-better/2015/01/a-mindful-minute-a-funny-looking-but-powerful-breathing-exercise-for-kids-illustrated/

### Acupressure

- "Acupressure's Potent Points - A Guide to Self Care" by Michael Reed Gach
- www.acupressure.com
- www.acpressurepointsguide.com
- www.finebalanceacupuncture.com/2011/04/acupressure-for-instant-anxiety-relief/

### EFT

- "The Tapping Solution - A Revolutionary System for Stress Free Living" Nick Ortner
- http://psychcentral.com/blog/archives/2016/01/25/stop-a-panic-attack-with-emotional-freedom-techniques-eft/

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# Notes

