



Vision, Focus & Perspective

Centring

Centring helps you stay calm and grounded. Assists with gaining control in stressful situations. It also helps to optimise the state you are in and improves whatever you are doing whether its meetings, appraisals, presentations or just being in a busy day.

Every centring technique relies upon mindfulness as its foundation. Just bringing your awareness to the present moment in any form will reduce both unhealthy hyper (stressed-out) and hypo (spaced out) arousal.

The following is the ABC “centring” technique to manage stress:

Aware – With mindful awareness - Put your feet flat on the floor and put anything in your hands down. Be mindful of the present moment using the five senses, especially feeling the body, your weight on your chair/ feet and your breath. Scan up and down the body with your attention and remember to include the back. Notice what you can see, hear, smell and taste. Accepting – It’s all good. Start where you are, saying yes to whatever is.

Balance – Balance your posture and attention. Relax down so your bones not muscles support your weight. Now make sure you are floating up from the back of the head so you keep alert. Balance both sides and make sure you are not squashed or leaning more on one foot or hip. Balance front and back so you are self-supporting and not leaning on yourself or your chair. Have an expansive feeling of “reaching out” in all directions.

Breathed – Let yourself be breathed. Then lengthen the in-breath to the chest to enliven or out-breath after breathing into the belly to relax, as appropriate.

Centred/Connected– Relax your eyes, mouth, tongue, jaw, stomach and back muscles – breathe deeply into your diaphragm so your belly and lower back move out slightly as you breathe in. You can tighten your abdominal muscles before you relax them if this helps. Focus on your physical centre of gravity – a point a few inches below the navel inside you. Relax the pelvic floor and the feet. This “centre-line” relaxation will spread to the rest of your body, enabling the muscles to be as relaxed as your (now well-balanced) structure allows.

Connected to Care – Bring to mind the reason why you are doing this (for the sake of what?) and to other people or ideas you serve and who support you now and from the past (e.g. inspiring figures or mentors).

Centre yourself at least ten times a day. Initially do this standing up. Then practice in different circumstances, sitting down, in meetings, before conversations, and in preparation for stressful events. See how your experience yourself differently, and what happens in your relationships

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