



My Simple Soul Loving Checklist

TO STAY OUT OF STRESS, OVERWHELM AND ANXIETY



Hey Lovely

Here you'll find a few simple steps you can use to check in with yourself throughout the day to ensure you stay out of stress, overwhelm, anxiety or any unwanted to state.

If you catch yourself slipping into panic, stress, having a busy mind, feeling like there's a million things to do but you don't have time, then run through this checklist, make the necessary adjustments and notice how easily you can shift the emotion your experiencing and change your state of being.

Remember learning to manage your internal state is the aim of the game here, the more conscious and aware you are generally the more positive and in control you'll feel and this will shine through in every area of life.

#1. Breathing

Check in with your breathing. When you're experiencing a tense, stressed or anxious state your breath will be high in your chest and also short and quick. Stop what you're doing, close your eyes and breathe all the way to your tummy. Fill your body with oxygen, slow the breath down and as you breathe out release any build up of stress, negative emotion or tension. You can even let out a loud sigh if you need to, whatever feels good.

Repeat this a few times and notice how quickly that old state has shifted. Use this as often as you need to.

#2. Posture

Your mind and body are directly linked, if you're stressed or anxious your body will show it too, it's a mirror to your internal world. Someone who is depressed will have very different physiology to someone who is confident, certain and loving life. One will be drooped shoulders, looking down, slumped, dragging their feet, the other will be head up, shoulders back with a spring in their step. This is not always a conscious behaviour but it's what happens. By shifting your physiology when you're caught in a certain emotion, state of mind or train of thought you can change the way you're feeling really fast. It only takes 60-90 seconds to rewire your neurology.

So check in with your posture at these times, stand with your feet apart and a strong stance, stand up straight, push your shoulders back, put your chin up,

combine this with breathing to your tummy. If you want to take it further and do what I call The Super Woman Pose, then put your hands on your hips and look up to the sky. Hold this position for 60 seconds, breathe, relax and shift your state. It's that easy.

#3. Your Thoughts

It's really important that you check in with your thoughts because these will be driving the emotions that you're feeling. Turn your focus inwards and see what is racing around your mind or what thoughts are on repeat that are creating the way you're feeling. Once you're aware of them you can change them. For example if you're feeling overwhelmed chances are the thoughts are something like this 'I don't have enough time, I'm never going to get all this done, I feel totally out of my depth, why is there so much to do?' And of course these keep you trapped in the emotion. So the best thing to ask here is 'How do I want to feel and think instead?' Maybe it's calm, relaxed, present, like you have loads of time. Start running these thoughts through your mind instead, create a mantra 'I am calm' for example and keep using it along with the above steps to change your state. Remember thoughts are just thoughts, they're not real.

#4. Grounding

Ensuring you're connected to the earth, grounded and stable is a great way to change your state. If you can, kick off your shoes, get outside on the earth and let it recharge you. Nature is the best place to let go of any worries or stress. If you have the time and are in the right environment you can close your eyes and do a mini meditation to help you connect to your internal world too.

#5. Peripheral Vision

This is the practice of expanding your vision so you come out of survival mode, and relax, it's powerful and one of my favourite tools.

Normally in western society we use 'foveal' vision which is where we focus on one point in front of us not seeing much else around it, e.g the tv, reading, talking, laptops, phones. It's linked to the sympathetic nervous system, the part of the autonomic nervous system associated with activity, adrenalin and stress. Not surprising so many people are so stressed today!

Another type of vision is called peripheral and this is where we focus on multiple points by being aware of what's in front of us and all around us at the same time. It uses different light receptors in the retina and different neural pathways in the brain. It's linked to the parasympathetic nervous system associated with relaxation, calmness and healing. When you're truly in a peripheral vision state, you can block all anxiety and stress, the two states are physiologically incompatible. How cool is that? This is such a powerful tool.

To access a peripheral vision state, find a spot on the wall in front of you and remain focused on it, relax your jaw, your shoulders, your body, slow down your breathing, then start to expand your vision sideways. Imagine you could see all the way to the sides of you, up to the ceiling and down to the floor. You can stretch out a hand to the edge of your vision and see if you can be aware of the movement when you wiggle your fingers. Spread your awareness all around you, behind you, be aware of what's there, let your senses take over, let your spatial awareness spread as far as possible. Then notice what changes in your physiological state.

You should notice a dramatic change in any emotion you were experiencing.

I will share a training video on the membership site for this too as it's such a powerful tool.

If you can start to utilise these simple steps each time you feel yourself getting caught up in emotions, thoughts or a state of being, you will learn to quickly and easily move yourself out of it.

Now put them into practice!

Leanne x x