

PEERtrainer on track

Class 7:

The Most Consistent
Reliable Tool You Have

PEERtrainer™

<http://www.peertrainer.com>

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We left off last week talking about how your level of mental activity can also be like a workout in it's own right.

If you're intensely busy on a project, or organizing an event, or just a crazy day at your job, sometimes you're absolutely wiped out and you're almost as starving as if you had just done an hour on the treadmill.

And this week we want to focus on giving you a tool that will really help you do better when you're in that intense mental space.

Sugar burn that leaves you feeling depleted.

You've heard me talk about it a million times.

Your best tool for dealing with overwhelm, burnout, frustration and anger is your breath.

Why do I always come back to this? Why am I so insistent on this?

1. It is the most consistent, reliable tool you have. Meditation/prayer/yoga mind/body disciplines have always used it as a key way to focus yourself.
2. It's always present. You're always breathing. You're either taking advantage of it or you're not.
3. **Breathing 20x minute x 60 minutes x 16 hours = 19,200 breaths a day. How many are breaths a day are you actually aware of? Maybe 7 or 8?**

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4. Imagine a \$20 bill in your pocket every time you put your hand in there. Whether you use it or not, it is always there. At your lunch break, Starbucks, Toys R Us with your kids. Wouldn't you want to start using it?

May be a bit of a stretch, but I just say that to communicate the potential value that is there for you if you CHOOSE to take advantage of it. That's really the key here. Breathing is a tool you either choose to use or not.

5. Couple simple facts about breathing:
- Autonomic nervous system:** The autonomic nervous system – mostly out of awareness affects heart rate, digestion, respiration rate, salivation, perspiration
 - Sympathetic nervous system (fight or flight) vs. parasympathetic nervous system (rest and digest):** Driving a car, jerky start stop vs. settling into cruise control at a nice comfortable speed on the highway.
6. When you breathe, consciously and deeply, piercing the veil of autonomic most direct way to trigger the parasympathetic nervous system.
7. When you increase oxygen in your blood, you decrease your heart rate and your blood pressure.
8. **Stop right now and practice this: 5 breaths deep in and deep out.**
9. What else do you notice? Muscles relaxing ... how does it feel in your body?
10. **19,200 opportunities to practice this in your daily life.**

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11. Stopping frequently and doing 5 breaths.
 - a. To the extent that you can, not doing other things while you do that.
 - b. But you start to realize that you can do this ALL THE TIME. In the middle of a meeting. Hanging out with your kids. Driving the car.

Remember the \$20 bill in your pocket. It's always there. You can either spend it or let it sit there.

12. Not a panacea. Not the “magic bullet”.
13. Breathing “practice”.
14. But it is the difference between stimulus and response. Emotion and reacting to the emotion.
15. Doorway to realizing you have a choice about what you react to.
 - a. Jackie has said so often about getting lost in trying to control things you can't.
 - b. People aren't going to behave the way we want them to and won't have the same priorities, or at least it won't seem like it.
 - c. **Breathing doesn't change others behavior but it sure can change how you react to the behaviors of others.**
 - d. CHOICE about what your life is going to be like. We all have that choice.
 - e. Happiness about how well you make that choice.

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16. To recap, this is your internal energy regulation system.
 - a. Remember the car metaphor ... start/stop bad gas mileage. Nice steady even pace, your gas mileage is going to be good.