



SHARON'S APB METHOD

Sharon has given me permission to share her writing with you on the APB – Awareness, Pause, Breathe.

Awareness is the key to everything! Once you are aware of something you can change it, redirect or eliminate it altogether from your life.

When life becomes too overwhelming, too fast, and too frustrating just take 3 deep breaths and immediately the negative effects of stress begin to lessen. Your heart rate will begin to decrease, tension will release and you will become more aware of what is happening around you to help you deal with the stress you are experiencing.

So the instant you are aware of the need for adjusting to the positive, pause and take a deep breath. This will help you to regain focus, decrease the stress response and give you just a moment to think about what you are thinking about. (Did you know that it is said we have 40-50000 thoughts per day, and the vast majority of these we are not even aware of. Yet these thoughts are affecting how we think, feel, act and respond in every moment.)

When we are under stress, we tend to breathe shallow and do not get a full invigorating shot of oxygen that we need. To get a full inhalation, focus on drawing the air in through your nose, and allow your abdominal muscles to relax – this is a time when we can let it all hang out rather than hold ourselves svelte, sexy and tight.

By relaxing your abdominal muscles you will allow your rib cage to expand, your diaphragm to extend downwards freely, your abdominal muscles to loosen and relax which allows the upper part of your lungs to fill as well. You get a full invigorating breath!

Then release, and this time tighten your abdominal muscles, to push the diaphragm up, and empty your lungs as completely as you can.

In a stressful situation three deep breaths will reset the body and begin to decrease the stress response, but I would like you to extend this practice to times that you are not feeling stress. This will assist the body to feel relaxed more often and imprint this feeling so it will become a habit and a regular part of your day.

I hope you find this as useful as I do.

Catherine M.E. Osborne

MBA, GDM, PMgr, PMP

catherine.osborne@corporateharmony.ca

www.corporateharmony.ca