

Mindful Work

The 10 second re-boot

This oddly named technique is one I've come to after years of working with busy people, to find a really quick way to calm down. It's simple, but it actually works to trick the parasympathetic nervous system that all is ok, and creates a dopamine release (the feel-good brain chemical).

It consists of three elements. The first is to do with breathing, so this will work best once you have had some experience of tuning-in to the breathing (the first mindfulness practice).

So here's what you do:

Element 1:

Bring attention to your breathing, just as it is. Now **lengthen the out-breath**. Make it longer, deeper, and let more air out. Maybe count to 3 on the in-breath and 5 on the outbreath.

Element 2:

Bring your attention to your feet. Tune in to the physical feelings in the whole foot. Now **feel strongly connected to the floor**, or in touch with the earth. You might even imagine energetic roots growing from your feet into the ground.

Element 3:

Smile. Simple as that. Just put a smile on your face.

When you've practised a few times, you can do this in just three breaths – about 10 seconds.

Do this whenever you feel tension rising or get a sense of contraction in your body, which will naturally occur at stressful times. Even better, do it anyway every hour. Link it to everyday actions, such as doing this every time you put the kettle on, go to the loo, sit back in your chair.