

4 techniques for a quick recharge

What can you do in the moment when you are stressed that enables you to quickly stop, recalibrate and recharge, so that you can be more effective again?

HALT

Step 1: Notice when you are out of alignment and need to reconnect.



Hungry?
Angry?
Lonely?
Tired?



STEP 2: Decide to use a technique to quickly bring you back in tune

- ▶ Breath awareness - Pay attention to your breath for a few minutes to center and calm yourself. Allow the breath to become deeper and longer. Efficient and calm action will become obvious.
- ▶ Use HeartMath Attitude Breathing Technique to change your mood to a more positive emotional state.
- ▶ Shake it off! Just like a dog shakes off cold water, give your whole body a good shake; starting from the head, neck, trunk, arms and legs, ending with the feet. Then give a good stretch!
- ▶ Notice what has you worried and fretting. Ask yourself: Is what I believe about this situation even true? Can I know that for sure?
- ▶ BonusPro Tip for Veterinarians and cat owners: Place your ear on your cat's chest and listen to the PURRRR! for a few minutes. Nothing beats this technique.

