

# THE SHIFT

High pressure moments are inevitable however we don't walk around all day, every day in a ready-state for them (nor are we meant to, how exhausting!) What is of great benefit, is having three techniques you can easily access in under 3 minutes, to help you 'SHIFT' gears mentally or physically when going into these high pressure moments so that you can thrive in the situation.

## 1) USE YOUR BODY - in particular the physical action of breathing to help calm your mind.



Remember **5 x 5 x 5** which simply means taking 5 seconds to breathe IN, 5 seconds to breathe OUT, 5 times. Take your time by drawing the air low into your lungs first, then high, then slowly exhale for five seconds, 5 times - this creates a stable heartbeat, that has surrounding nerves sending calming messages up to the brain, **shifting** your nervous system into a state which facilitates greater emotional and mental stability.

Conversely, if you breathe erratically (which happens easily under pressure), the rhythm of your hearts beat is erratic, and those nerves now send more stressed signals upstairs. You shift into a state that equates to lessened emotional & mental stability. By breathing rhythmically you are able to calm your nervous system down & move on to the 2nd technique...

## 2) USE YOUR MIND - Choose the mindset, intention or the attitude that you will bring to high pressure moments. When the pressure starts mounting, **shift** gears and be ready for it!

When you're really clear on the mindset, intention or attitude that helps you to deal with high pressure moments you know exactly where to guide your attention, & you're quicker to notice when you're veering off track. This clarity can turn enormous challenges into opportunities, helping you to overcome obstacles and achieve your goals with flow, and joy. With the right mindset, you can create a life that is not only successful, but really meaningful and fulfilling.

With a clear intention behind your mindset you guide your attention of what matters most, the process of where you want to go - and not the question of whether you're going to get there or not. Which leads to the final technique...



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**3) HAVE A CLEAR PROCESS** - As you go into high pressure moments, have a clear process to follow which optimises your physical & mental state. You need to know it so well that it becomes easy for you to shift your attention on to the things that help you work through pressure situations best.

Within your process it's important to have clarity around the purpose of why you want to go into these high pressure moments. An understanding of why you're taking action & knowing the value of the impact of your actions helps to motivate you and shift you through the pressure.

Your process needs to be made up of small, simple & actionable steps, a clear pathway of how you are going to get from A to B, as this will have you feeling more in control of the pressure situation.

Your process also needs to ensure that you remain very present and focused on your progress, not how far away you might be landing from perfection. When you focus on the small wins, you'll feel an increase in self confidence, your capacity to follow through is improved & motivation increases, leading to more significant progress over time.

This clarity in your approach also helps you stay very centred and very resilient, even when you're under high pressure.

**Consistency in this overall practice is key!**

