

THE PROFOUND POWER OF NOTICING

The first step to stress mastery

The core problem with stress is not that it happens, but that when we get caught up in it, we're easily distracted or consumed by thoughts, plans, memories, feelings or sensations. For example, you could be stewing over something that happened earlier today, worrying about something that could happen tomorrow, feeling down about yourself, or trying to get rid of some pain, tension, or nausea.

When we focus on these inward experiences, we lose touch with what's going on in the here and now. This means we can't focus, we lose track of time, don't remember or finish things as easily, and don't notice or pursue things that would help us thrive and make us feel vital and alive.

So the first step towards mastering our stress hangs on practicing and developing our ability to simply be aware of the here and now. This means that we become better and better at noticing what our senses are telling us as well as what our minds are distracting us with. Then we can more easily come out of the stress-triggered distractions, which reduces the stress and helps us actually do more of the stuff that matters.

HOW DO YOU BEGIN?...



USE THE POWER OF NOTICING

1

SIT

2

FOCUS

3

BREATHE

4

NOTICE

5

REPEAT

Sit. Or stand, walk around, do a chore, have a shower, or whatever. It doesn't matter what you're doing, as long as it is something you can notice yourself doing.

Focus on something you can sense (see, smell, taste, feel or hear). Your breathing is an easy option - because you're always doing that. You can also notice what you can feel against your skin, or how your muscles or body feels as you move.

Then just **breathe**, and **notice** what your senses are telling you - feel the way your chest moves as you breathe, how the chair or ground feels against you, what is touching your skin...

You'll get distracted by ideas and noises, and that's normal. When you do, just notice that you've become distracted, and shift your attention back to your breathing/sensing.