



Tips to keep you airborne!



Blowing in the wind
July 2018

Recently returned from a trip overseas to visit my mother of 93+ years (who, by the way, still drives, plays poker and can beat me hands down at crossword puzzles any day), I couldn't help but notice how as she advances further in years, she's become increasingly more present-focused and in the moment.

Trees blowing in the wind are her favourite. Immersed in their beauty, regardless of the season, she'll endlessly gaze at them, mesmerized by their magic.



If I'd asked her how long she'd been practising mindfulness meditation, she'd probably have cocked an eyebrow and given me a 'yeah, right' look.

Mindfulness, that state of tuning into all that we're sensing in the here and now (such as staring, enraptured at trees blowing in the wind), rather than rehashing the past or imagining the future, is an incredibly valuable tool to have in your wellbeing toolkit.

Did you know that techniques such as mindfulness meditation, Emotional Freedom Techniques (aka Tapping), yoga, Tai Chi and other mind-body interventions can cause massive shifts at a cellular level, affecting heart rate variability, blood pressure, stress hormones, neurotransmitters and at its core...



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our DNA? I kid you not. The research is out there.

So, this month I'd love to share a particular mindfulness tool that I find incredibly effective when my mind is racing at night, doing burnouts in bed instead of slowing down to sleep.

It's a deceptively simple breath counting technique called Breath Counting (duh!), popularized by Andrew Weil, M.D., renowned for prescribing breathing techniques to patients that are based on ancient yoga breathing principles.

Now if you want to up the ante due to a bit of anxiety or stress, his 4-7-8 technique is a winner as it lowers heart rate, blood pressure and more.

This likeable medical doctor reckons that the 4-7-8 is more powerful than anti-anxiety medication and it has no side effects. Bingo!

And if for some reason, you haven't had enough shuteye and are feeling less than alert the following day, his Stimulating Breath is a winner. It's great if you're driving and feeling tired.

Check out his website for the simple 'how to.'

Go on, give it a go!

Until next month, here's to blowing in the wind,

Caroline

