



Tips to keep you airborne!



Lookout! This could be good for you

August 2021

Last month we got all Swiss cheesy, talking about reducing overwhelm by chunking down, narrowing the focus and making things more manageable ([click here if you missed it](#)).

What do you say we flip this holey concept on its head this month and aim to achieve a similar outcome by chunking up and expanding our world view?

You see, I've been on holidays and since my return, have happened upon the work of Dr. Andrew Huberman, neuroscientist and tenured professor in the Department of Neurobiology at the Stanford University School of Medicine,

which got me joining the dots between feeling good, holiday photos and a comment made by a friend some months back.

I don't know about you but my holiday cloud is chock-full of images, waiting to be culled.

Deciding to apply the Swiss cheese method to cull this latest 'roll', I noticed in the process that most of the pictures were of panoramic landscapes and scenic shots from high, heady lookouts.

The constant clicking appeared to coincide with a state of wow and wonderment.



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As for the friend's comment? Well, she reported being seriously underwhelmed on arriving at a scenic lookout of minimal elevation, which had left her staring quizzically across an expansive plain, wondering what the big deal was.

Now here's where Huberman ties the pieces together...

You're probably aware of how our breathing changes depending on whether we're in a state of stress or relaxation and that we can change that state by changing our breathing, right?

But did you know that we can consciously do same by engaging our visual system? Huberman reckons that the visual system is the strongest system to alter state of mind.

Like the ears, the eyes, have 2 functions: the ears to hear and control balance; the eyes to detect shape & colour and to tell the rest of the brain to be more alert or more relaxed.

Isn't this interesting and useful to know?

When relaxed, the state of the lens changes and creates dilated, panoramic vision. When stressed or excited however, the aperture of our experience shrinks to that of a drinking straw.



In the same way that you might take a deep, diaphragmatic breath to calm a stressed self, you can do same by simply expanding your world view.

So, if you happen to look at your phone and see a text message that triggers the stress response, know that not only will your breathing have quickened but also your visual aperture will have closed to that of a soda straw.

Time to LOOKOUT!

It doesn't need to be high and heady. Just look forward, relax and dilate your view by aiming to see yourself, the ceiling and the walls in the same frame. This will instantly alter your state of mind and induce calm.

Doesn't it now make sense why so many of my shots were taken from vistas and in panoramic vision? I was unwittingly triggering the R&R response. It's no wonder I came home feeling so incredibly relaxed.

So, next time you happen upon what may appear to be an underwhelming lookout, chill your focus and with a lazy gaze, know that you'll be doing yourself an incredible favour.

Till next month, here's to keeping an eye on yourself!

Caroline

PS - Whenever you're ready, work with me directly to see how you, and/or your team can benefit from diving deep into all things AIRBORNE, including inducing states of wellbeing.

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