



Tips to keep you airborne!



What's bugging you?

October 2021

I was walking along a path the other day when I noticed a very young school boy approach in the distance.

With lowered head and stooped posture, he appeared to be dragging his school heels. That is, until I realized that he was transfixed. Something had utterly captivated him.

It was a ladybird.

Hell bent on hanging onto the beetle, with eyes glued, he slowly manoeuvred his fingers to provide a 'handy' course for her to run, all the while oblivious to the world around him.

Now I was mesmerized by his total focus and attention. It quite literally stopped me in my tracks and forced me to turn around and watch him wander off in his electric state.



As you are probably aware, our attention is highly vulnerable and can be degraded when we are exposed to negativity (as in the news, for example), when things bug us, stress and when situations are threatening.



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259

So, how might we take a leaf from the boy's book to create a protective shield around us to bolster working memory, emotional regulation, peak mental states and much, much more?

By weaving mindfulness meditation into our daily routine.

This evidence-based practice packs a punch in this regard.

I'm going to suggest that if you haven't already tried it, you invest 2 minutes of your time right here, right now into giving breath-counting (a form of mindfulness meditation) a go.

If you're up for it (which I'm hoping you are), first set the timer on your phone for 2 minutes and now head to the 'how to' below:

1. Sit on a chair with your back straight.
2. Place your hands in your lap, relax your shoulders and tilt your head down slightly if your mind is racing. Face straight ahead if it's the post-lunch dip and you happen to be feeling a tad sleepy.
3. Now close your eyes, relax your face and place the focus of your attention on the experience of the air passing in and out of your nostrils. Just that, nothing more. Don't try and control your breath. Just let it be.
4. As you breathe out, silently count 'one', and on the next out-breath, count 'two' and so on until you get to five. Now go back to one again and repeat.



5. You'll notice your attention wandering and likely get distracted, which is perfectly normal. When this happens, just bring your attention back to your breath and observe the air as you breathe in and out through your nostrils and start counting at 'one' again.

6. Are you ready? Now activate the timer and off you go!

Scientists have worked out that the minimum 'dose' is 12 minutes daily for 4 weeks.

I set my timer for 15mins of daily practice but I didn't use to when I first started meditating. I started with 2 minutes.

Simple to do? Yes.

Easy to achieve? No.

Everything to recommend it? Absolutely.

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 bolstering peak mental states with mindfulness meditation.

Hit the reply button to this email with "yes, more information please".

Spread the word...



Caroline Crosbie
CONSULTING
Tapping into Personal and Professional Wellness

Caroline Crosbie Consulting
www.carolinecrosbie.com.au
info@carolinecrosbie.com.au
0416 154 259