



## The Practice without a trigger

While The Practice can be helpful in times of distress (with a trigger), it is also relevant at any time, for no reason (without a trigger). It is more than just temporary relief ... it's a habit.

The 'Practice without a trigger' refers to learning a habit that calms the body and mind. Doing The Practice on purpose and consistently means it will become automatic.

This habit is simple and doable, taking 10 seconds (less or more) it's up to you.

### Aware

- **pause** for a moment or two (ie. stop, take time out, on purpose to simply halt)
- **slow down** what you're doing, pretend you are in slow motion
- **be still** and bring awareness to this present moment, to anything and everything around you (e.g noises, people, distractions) and within you (e.g negative inner voice, thoughts, inner judgments)

Attach this practice to everyday activities eg. 'having a shower'. Be aware of every aspect of your shower experience such as the temperature, flow and steam. This is awareness. Attach The Practice to other activities like washing the dishes, brushing your teeth and driving.

### Breathe

Place one hand on your belly, one on your heart. Feel your chest and belly rise and fall as you inhale and exhale. Follow your breath from the moment you inhale, all the way through to your exhale\*

### Calm

As you inhale, imagine "I am" and as you exhale, imagine "calm." Repeat this and start to feel these words take form. The more you imagine, the more you believe this mantra. You may choose to change the word "calm" to another that resonates with you in that moment.

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## The Practice with a trigger

### Aware

Pause and write down a trigger (incident/situation causing you distress). Bring awareness to the details of what occurred including thoughts, feelings and reactions about the trigger. The trigger can either be from the past (eg. argument with someone) or an anticipated event (eg. upcoming medical procedure).

*what's the trigger?*

*I am/feel*

*my thoughts / feelings/ reactions*

Example: *"Tomorrow I have a medical procedure, I am terrified and worried, I feel my heart beating fast and I feel out of breath, maybe I'm having a panic attack"*

Becoming aware is simply noticing your thoughts, feelings and reactions about the trigger. There's no judgment involved here, however if your mind automatically judges, simply be aware of that judgment and continue with The Practice.

### Breathe

Place one hand on your belly, one on your heart. Feel your chest and belly rise and fall as you inhale and exhale. Follow your breath from the moment you inhale, all the way through to your exhale\*

### Calm

As you inhale, imagine "I am" and as you exhale, imagine "calm." Repeat this and start to feel these words take form. The more you imagine, the more you believe this mindful mantra.

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