Sharon's APB

You will remember that **Positive Presence is the skill of adjusting and creating a positive and energized mindset within our self through conscious thought processes**.

You will also remember that our behavior is the best indicator of our aptitude for Positive Presence because:

- We can assess our personal energy flow through our feelings.
- Feelings such as happiness and optimism can be linked to a positive energy flow, and feelings such as anger and frustration can be linked to a negative energy flow
- We can control our feelings with our thoughts.
- It is through our thought process that we choose how to behave.
- And the bottom line is …. the measurable result of a person's energy flow is reflected by one's choice of behavior.

Previously we identified the necessity of learning and practicing how to focus *within our self*. Just nine minutes a day is all it takes to teach your mind to focus within yourself, and as you practice focusing within yourself you gradually begin to really tune in to your feelings and your thought patterns. You will remember too from a previous meeting that your thought-patterns and thought-habits are the product of your life experiences to date … and so, if you've had negative life experiences (and who hasn't), you will have formed negative thought-habits.

My friend and colleague, Sharon Campbell-Rayment, introduced me to the 'APB' (no, not the police jargon) … it is the acronym for "Awareness, Pause, Breathe". The APB is one of many strategies that Sharon developed during her journey back from a severe concussive brain injury: The instant you become aware of and/or feel the negative … you must immediately take an APB … and adjust to the positive – any positive … as long as it's a positive thought that brings a positive feeling from which to choose your behavior! The more often you execute an APB, the more automatic it becomes.

Sharon has given me permission to share her writing with you on the APB – Awareness, Pause, Breathe.

> *Awareness is the key to everything! Once you are aware of something you can change it, redirect or eliminate it altogether from your life.*
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> *When life becomes too overwhelming, too fast, and too frustrating just take 3 deep breaths and immediately the negative effects of stress begin to lessen. Your heart rate will begin to decrease, tension will release and you will become more aware of what is happening around you to help you deal with the stress you are experiencing.*
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> *So the instant you are aware of the need for adjusting to the positive, pause and take a deep breath. This will help you to regain focus, decrease the stress response and give you just a moment to think about what you are thinking about. (Did you know that it is said we have 40-50000 thoughts per day, and the vast majority of these we are not even aware of. Yet these thoughts are affecting how we think, feel, act and respond in every moment.)*
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> *When we are under stress, we tend to breathe shallow and do not get a full invigorating shot of oxygen that we need. To get a full inhalation, focus on drawing the air in through your nose, and allow your*

abdominal muscles to relax – this is a time when we can let it all hang out rather than hold ourselves svelte, sexy and tight.

By relaxing your abdominal muscles you will allow your rib cage to expand, your diaphragm to extend downwards freely, your abdominal muscles to loosen and relax which allows the upper part of your lungs to fill as well. You get a full invigorating breath!

Then release, and this time tighten your abdominal muscles, to push the diaphragm up, and empty your lungs as completely as you can.

In a stressful situation three deep breaths will reset the body and begin to decrease the stress response, but I would like you to extend this practice to times that you are not feeling stress. This will assist the body to feel relaxed more often and imprint this feeling so it will become a habit and a regular part of your day.

Sharon has also provided us with a 4-minute guided session for the APB. Here is the link: https://corporateharmony.ca/wp-content/uploads/2014/08/TCK3BreathsStrategy.mp3 …. so listen often!