

TAKE A MOMENT



COME DOWN	STAND UP	ZONING IN	EYE TRACKING	HELICOPTER
<p>In your mind:</p> <p>1. Clear your head 2. Run down your spine 3. Come around to your belly button. 4. Put both feet on the ground. 5. Connect to the ground - one of 7 billion people.</p>	<p>Literally stand up and feel what it feels like. Look out the window.</p>	<p>Tune inward. What do you notice? All of your parts are working for you.</p>	<p>Outside - track your eyes along the horizon or outside of edges of trees. Inside - follow the line around your ceiling.</p>	<p>Stretch arms out and slowly turn around. Pause. Go back the other way.</p>
CIRCLE OF ME	TRIANGLE	SYMBOL	OUTSIDE	SHRINK-EXPAND
<p>Imagine you are standing in a circle. Place in - your favourite energising or calming colour, people you love, your fav. scene, objects /animals of affection, move it in some way. Breathe in and step out and then back in. Feel what it feels like.</p>	<p>Put both arms out. Look straight ahead. Slowly bring arms forward. Make a triangle with your thumbs and first fingers. Look through.</p>	<p>Sketch/find an object/create with your hands; a symbol that represents what you want.</p>	<p>Walk outside. Notice 3 things in detail. Be descriptive - movement, colour, mood.</p>	<p>Take that not useful feeling, symptom, person and shrink down to the tiniest size. Move it. Expand outwards the very feeling, state, person you DO</p>
2 FEET	CLOSE EYES	FAVOURITES	MUSEUM OF PERSONAL HISTORY	SQUARE ON
<p>Put 2 feet on the ground and draw your attention to all the thousands of nerve endings at the bottom of your feet.</p>	<p>Close your eyes and create a calming, fluid, comfortable, cool scene within them. (beach, fields?)</p>	<p>In 5 seconds, name 3? (furry animals, kitchen items Teachers you had/have...) Use a timer.,</p>	<p>Imagine taking all the not so useful past experiences and beliefs and put them behind exhibits in a museum.</p>	<p>Stand up, lean back onto your heels, drop shoulders, look up and 'square on' to something uplifting.</p>
MUSIC	MOVIE	QUICK CS/DS	6-6	COLD WATER
<p>Allow your brain to come up with a song right now - hear/hum/sing/listen Feel what it feels like.</p>	<p>See a 'you' over there on a imaginary movie screen. Be a director and direct that 'you' and create a scene of how you want something to play out.</p>	<p>I take myself back to a time when...</p>	<p>Breathe in for 6 Breathe out for 6.</p>	<p>Run your wrists and hands under cold water.</p>
LOOK UP	TOUCH	ICE	PAT PAT	MOVE IT
<p>Look up - stretch your neck and chest.</p>	<p>Pick up anything close by - is it soft or hard? Heavy or light? Warm or cool? What's the specific colour and texture.</p>	<p>Put some ice in your hand. Feel what it feels like as it begins to melt.</p>	<p>Cross arms. Gently pat down both arms and legs - insides and outsides.</p>	<p>Notice where any stuckness is in your body. Change it and move it off you. Replace - is it comforting/calming?</p>
LISTEN	FOOTFLEX	FEEL IT	NATURE	5 SECONDS
<p>What can you hear? Describe it.</p>	<p>Hold your ankle and calf (behind the knee). Slowly flex your foot back and forward.</p>	<p>What can you feel around your body? Hair on your collar? Jersey against your skin? bottom on the chair..?</p>	<p>On a browser right now look up 'the most relaxing...animals/sunset/insects...Choose a favourite and look at it for 30 seconds.</p>	<p>Pause and Redirect or Stop and Choose (to a useful state - clarity, energy, focus?)</p>

TAKE A MOMENT 2

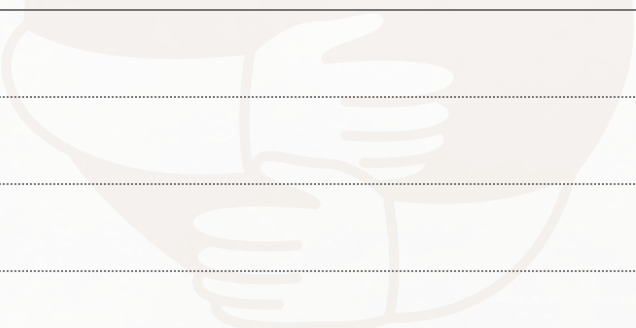


WATCH THIS	MEMORY GAME	CROSS CRAWL	TWIST	TAKE A MOMENT
Watch a funny clip/reel	Look at a picture or scene outside. Close eyes. How many items/objects can you remember?	Stand up. Flick one leg up behind you and tap it with the opposite hand. Repeat on the other side. Do the same crossing over with knees and hands.	Sit up straight, put one arm behind you close to your bottom, slowly turn your body and look to the back of the room. repeat on the other side.	There you just did. See you DO have time to do an LP/pause/stop.
HEART	FAVOURITE PHRASE	LAUGH	ANCHOR	METAPHOR
Tune into your heart. Imagine taking it into your hand (if that feels ok for you), count backwards slowly from 5 to 1. Thank it for its contribution to the team.	Share a favourite phrase. What does it mean for you? One of mine is - 'Leap and the net will appear.'	Who or what brings out a laugh for you.	Think of a lovely memory and anchor or hook that to the brain, by a touch or movement.	You want ... Like a What's a metaphor that for you, clearly reflects that.
WHAT DO YOU SEE?	PICTURE	LOVE	PAT YOUR PET	TOUCH
1. Look at something 2. Close your eyes 3. See in your minds eye what you've just looked at - in detail.	Think of a photo you have. Remember that time, the experience, sounds, smells, sights.	Picture someone you love. What are they doing/saying to you? What would they say to you right now?	If you have a pet. Pat them or look at them.	Pick up something close to you, notice the texture, size, feelings or memory it brings up for you. Connect to that.
BUTTONS	SHOULDER PULL	FORWARD FOLD	WATER	ROCKER
Using the thumb and first finger, massage the soft tissue under the clavicle to the left and right of the sternum. With the other hand, touch your navel. Swap sides.	Place both hands on your shoulders and pull forward	Stand up and with one vertebrae at time - slowly fold down and hang	Take a drink of water right now. Imagine that water goign to all the places where ist's most needed. Filling you up with...?	Lie on your back, bring your knees up and roll back and forth or left and right.
NECK ROLL	THANK YOU	BALANCE BUTTON	QUIZ	WHAT IF YOU COULD
Drop head forward, and gently roll it from side to side, breathing out any tightness. Drop head back and do the same. Keep shoulders down.	Pause and say thank you... to nothing in particular if you like or ...?	With two fingers, press into the gap in the indentation between the skull and your ear. Place the other hand on your navel. Hold.	Prepare a series of questions - lighten the mood.	Think of something you are unsure about - a doubt, a limiting belief. Ask yourself, what if you can. what if you do, what if you have everything you need to change this.
20 STEPS	LIKE A ..	HAVENING TOUCH	SMILE	BUTTERFLY STRETCH
Stand up, walk outside (if appropriate), walk out 20 steps. Each step is a 'why', 'what' or 'how' of what you Do want to be/ feel/achieve... Who inspires you?	Think of a state you want to be in. What's a food, wild animal, texture, colour, scene, insect, symbol, person, drink ... like this very state.	Gently run your fingers around the outside of your face, then along the inside or your face (eyes and nose area), continue down your arms, legs. Breathe in and out.	Smiling triggers the brain and nervous system to go Arhhhhh	Reach your arms and hands up high above you, circle them around to stretch outwards and round to fold your body forward, up again, finishing with 2 hands making a ball shape in front of your heart.

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What positive changes have you noticed?

What new beliefs have you created? (Something like "I/You! believe, know and trust withthat.....!")



One extra thing you're doing to keep the whole thing ALIVE
