

3 Strategies to Create Calm

Your guide to how you can create
inner calm, anywhere, any time.



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*inside you will find strategies to help you go
from this . . .*



To This



Welcome - let me ponder a few questions

- Do you ever feel anxious or stressed during the day?
- Are you so busy that you feel exhausted?
- Is your 'to-do' list never-ending?
- Are the demands of life constant?
- Do you get up each day and run on auto-pilot because there's so much to do, that you don't have time to think?
- Are there times when you just want to check out or run away and hide?
- Does it feel like your life is somewhat chaotic?
- Do you feel like you're on the brink of burnout?
- Are you feeling guilty because you want to spend more time with loved ones, or doing things for yourself, but there's only "so many hours in the day"?

If you answered **Yes
to any of those questions,
then it's time to do something different.**

**The good news is . . .
You're in the right place to find tips and techniques
to help you bring back calm in those busy or
uncertain moments**

Reflection. . .

I used to feel that being busy was a sign of success, a sign that I was on the right track.

After all, I was the “go-to” person at work and the “fix it” person with family, so I was needed.

In fact, I used to put off doing the things I wanted so I could “help” others because that’s what I thought I should do.

Putting everyone else’s needs ahead of my own was a Bad idea! Bad decision! But one I made over and over and over again . . . for years!

Somewhere in the back of my mind

I thought that one-day things would slow down and I’d have time to do the things that were important to me . . . but “one day” never seemed to come - until I burnt out!

If you’re like I used to be, we have jam packed days and weeks, with no time to think, we just have to **do!**

We have to go from one thing to the next . . . and often on auto-pilot, so not really being engaged in the process, just running, doing and being busy!

So it’s no wonder I burnt out.



Roll forward - and now, I’ve learned to take some time for me! To slow down, to breathe, to meditate, to do things that I want, that make me smile and bring me joy.

And I learnt that that I can say ‘no’ or “not yet”!
(how do you feel even reading that?)

If you’re craving a change, have a strong desire to slow down or find time to do things you want, to stop living on the hamster wheel, to ditch that self-doubt, to overcome overwhelm, to learn how to prioritise your day and build in new habits and routines that stop you running on empty and to live with intention, then reach out and let’s chat - you can book a free 30 minute call on my [website](#).

In here I’m going to share 3 strategies you can use to be able to create calm during those chaotic, challenging, stressful or anxious times.

Let’s get started!

A woman with long brown hair is sitting in a light-colored wooden armchair, leaning back with her eyes closed and a peaceful expression. She is holding a light pink ceramic mug with both hands. She is wearing a dark grey long-sleeved shirt and light-colored cargo pants. The background is a bright, out-of-focus indoor space with a window showing greenery outside.

*“Every pause
is an invitation
to reconnect
with your inner self”*

Understanding stress

When we feel stress, overwhelm, anxiety or other such emotions, our parasympathetic nervous system kicks in and does its job

- it activates our fight, flight, freeze or fawn response.

It floods our muscles with blood, taking it away from our brain, and causing us to respond from our primal instincts.

This is great if we're jumping out of the way of a car or an animal running towards us.

And it's designed for this type of situation - short-term, survival. If however, we are triggered by other life issues, such as work, or other commitments and our mind doesn't get a chance to "calm down", then our functioning and decision-making can be affected. This happens because when our nervous system goes into overdrive, it steals energy from our brain.

The good news is, that you can reset your parasympathetic nervous system by using breathwork, slowing your breath will slow your mind and help it reset.

Using focused breathwork and other strategies that we cover in this book can help you reset in a matter of minutes. This helps your brain get the blood back that it needs and allows you to be able to make better cognitive decisions from a responding rather than reactive state.

So let's pause and prepare by practicing this breathing methodology.

Strategy 1

The Power of our Breath

see worksheet & link to audio on page 7

BREATHE!

Yes, that's the answer to settling down when you're feeling overwhelmed. There is a myriad of research to show how important doing breathing exercises is to create calm in your body and reset the mind.

You see, when you're feeling overwhelm creep in, (or jump on you all of a sudden), your sympathetic nervous system goes to work and does its job - it puts you on alert and it triggers the fight/flight/fawn/freeze response.

This takes energy away from your brain and gives it to your body so you can take action and run, fight, or find somewhere to hide from the threat.

Have you ever felt like just "running away" or felt "frozen" in certain moments?

That's your nervous system doing it's job. And by using breathwork you can catch those triggers, and counter those feelings of overwhelm by allowing yourself a few minutes to reset.

The good news is you can reset it with simple and extremely effective breathwork.

When you practice mindful breathing you are allowing your parasympathetic nervous system to get back to it's normal state of rest and digest - in this state it allows your body to free up energy for your cognitive mind to be able to think clearly and to give you clarity again.

BREATHWORK IS KEY

This simple exercise will be your foundation for gaining back control when you feel overwhelm creeping in (or running straight at you!).

Later on, we'll talk about recognising triggers, but for now, you'll find this exercise a powerful tool in your toolbox to help you reset in any situation.

You can do this pretty much anywhere at anytime.*

**not to be done whilst driving or doing other activities that require your full attention*

4, 7, 8 BREATHWORK

1. Find a quiet place and listen to this mindful meditation recording where I guide you through the practice or follow the instructions below and on the next page.
2. Make yourself comfortable, on a chair or laying down.
3. Rest your hands comfortably on your lap OR, place one hand on your heart and the other on your stomach.
4. Take a deep breath in through your nose for 4 seconds, feeling the air enter through your nostrils and feeling the rise of your shoulders and your stomach expanding as the air enters your body
5. Hold your breath at the top for 7 seconds
6. Slowly exhale through your mouth for 8 seconds, feeling the air leave your body and your shoulders and stomach respond
7. Repeat 3 times or as many as you feel you need to help you reset

see worksheet & link to audio on next page →



[Click Here to Listen to 4, 7, 8 Meditation](#)

4, 7, 8 Breathing Technique

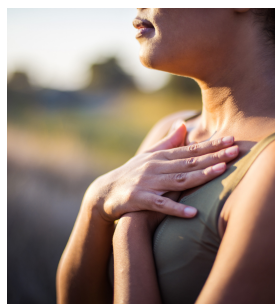


BREATHE IN

Take a long, slow, deep breath in through your nose, for **4 seconds**

HOLD

Hold your breath for **7 seconds**



BREATH OUT

Breath out long and slow through your mouth for **8 seconds**

REPEAT x 3 Times

Strategy 2

3-2-1 Reset Technique



[Click Here for the audio](#)

3

Take 3 Breaths

We take breaths every minute of every day, and now just bring your focus to your breath as this is a great grounding exercise



Doing this begins to connect you to the moment

Count your breaths, slow, deep belly breaths

1 breathe IN hold and OUT

2 breathe IN hold and OUT

3 breathe IN hold and OUT

Just be in this moment now

2

2 Hands = Self-Hug

- Put your left hand on your right upper arm (or shoulder) and cross your right hand to your left arm in a similar position.
- This creates a sense of security.
- Give yourself a little “squeeze” or drop your head to your shoulder and snuggle in or just rub your arms up and down.
- Breathe in and out gently and notice your body re-centering and coming back to calm



1

1 Mindful Minute

- Close your eyes
- Take ONE MINUTE to **observe your breath**
- Just notice the air coming in and out of your nostrils and the temperature of it
- If you notice thoughts, emotions or sensations come in, just acknowledge them and let them go.
- Return to focus on your breath and just ‘Be In This Moment Now’



Strategy 3

5, 4, 3, 2, 1 - Grounding Technique

The 5-4-3-2-1 Method is a powerful tool to help you change your state and create a sense of calmness returning to your body.

When you feel overwhelm, anxiety or doubt creeping in (or filling you up), use this quick and effective technique to help you take back control of your thoughts and feelings.

STOP and look around you - start focusing on your surroundings.

Now do the following - you can just 'notice' these things or you can write them down, either way is fine.

Identify and name:

- **5 things you can SEE**
- **4 things you can TOUCH**
- **3 things you can HEAR**
- **2 things you can SMELL**
- **1 thing you can TASTE**



[Click Here for the audio](#)

This technique helps redirect your focus from anxiety-inducing thoughts to your immediate surroundings, anchoring you in the present moment and helping your body to recentre, rebalance and regain calm.

Extra Tip: *If you experience bouts of anxiousness, doubt or fear creep in, find something small that you can carry with you to allow you to hold it and 'feel it' in your hands.*

This could be a set of beads, a stress ball, a piece of soft fabric, a paperclip, a stone, a crystal - anything that you can hold and move your fingers over to help you focus on that object.

This action brings a sense of focus to that object and helps you recentre and bring calm back in.

Notes

Thanks for downloading this guide and I hope you found the tips and audio's helpful.

If you'd like to explore more about how you can create calm in your life and bring back control to those parts of life that may have gotten just a bit out of control, **[book your free 45 minute session](#)** with me, where we can discover what's going on for you and you can walk away with one new strategy to bring more calm into your day.

Keep an eye out on my socials for upcoming masterclasses and Click [here](#) for more



Many people experience feelings of uncertainty, disconnect and feeling "stuck", please know dear reader, that you are not alone and that there is a light shining for you, you just might need to navigate through the fog to find it.

Keep going, listen to your soul, listen to those little niggles inside you that are letting you know that things can be different.

Look for the glimmers in your life, the things that light you up and discover how to find time to build more of those into your life.

And, remember it's OK to let your light shine.

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