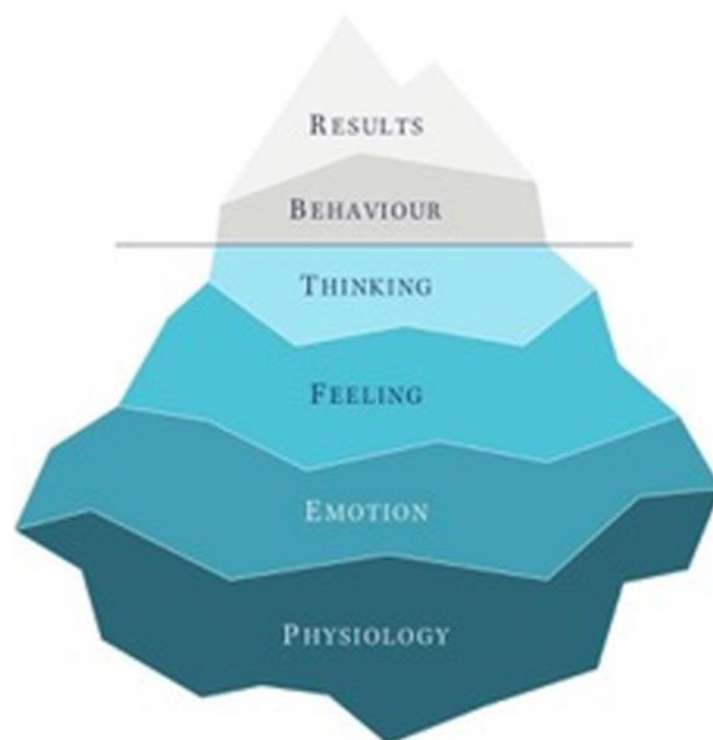


The Importance of Our Physiological State

Our physiological state underpins how we perceive and interact with the world.

When we feel safe we will be able to be open and engaged with others, use our problem solving abilities and have the capacity to learn. Being in this open and engaged physiological state for the majority of the time also has a positive impact on our emotional wellbeing and have physical health.

When do not feel safe we will either go into fight/flight (defensive mobilization) or freeze (defensive immobilization).



Beneath the Waves

If we want to be the best that we can be then we need to understand and manage all of the areas of the iceberg.

This starts with managing our physiological state and the most effective way of doing this is through taking control of our breathing by doing a few minutes of 7-11 breathing (breathing in to the count of 7 and out to the count of 11). It really is that simple. See www.in8.uk.com/information-resources/7-11-breathing/ or read The Art of Breathing by Dr Danny Penman for more details.

Take time to press your own pause button and **remember to breathe!**