

An exercise to help you get through bad days



Hypfocus Therapies and Training

Helping you find the solutions that let you focus on what matters

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About the Author



Hi, My name is Georgina Mitchell and I'm a Therapist currently practicing in the Mentone area of Melbourne, Australia. As a migrant from Ireland, that has experienced a stressful corporate career, marriage breakdown, single parenthood with no available family support, and the horrendous grief of losing a sister, a dear friend and then my father in the space of a few short years, I've experienced some very tough days.

Forward

While I wish I could tell you that in the course of these experiences that I discovered a miraculous way of making what may be extremely painful times disappear, unfortunately that's not the case. I can however offer this tip on getting through these bad days and significantly reducing the stress they create. Using this exercise you'll get through the tough days one day at a time, with the quiet reassurance that nothing however bad it may seem, lasts forever.

I've learned that bad days come and go, and that we each have the resources we need to survive them, it's just a matter of learning how to access them. Sometimes we need help in learning how to do this.

This e-book is not intended to replace therapy. If you are experiencing a life crisis it is important to talk to someone. If you don't have friends or family available please seek professional help. **If you have difficulty contacting someone and feel you can't cope alone and you're in Australia please call Lifeline on 131314. If you are elsewhere in the world, please Google a suicide prevention line in your local area. Help is available and things will get better.**



When we feel overwhelmed it's easy to fall into the trap of believing that the circumstances and feelings currently being experienced are permanent. This of course is never the case. Life is a series of experiences, good and not so good. Just as the greatest feeling of euphoria passes so too does the feeling of being lower than low.

Without the lows we couldn't fully appreciate the highs, in fact it's the toughest times that are responsible for our personal growth, they teach us the most and help us learn to appreciate all the good things that life has to offer us as well.

Bad days come and go

As clichéd as it may seem nothing lasts forever. A bad day can be relatively minor like spilling coffee on your shirt just before an important meeting or having your car break down on the freeway or it can be really major like finding out that your relationship is over, or that you've lost a loved one. The later two of course will extend beyond a single day, however the tough feelings won't last forever, and as hard as it may be to believe, as time passes the days will gradually get better and as you learn to access your inner resources you will find that you have learnt and grown and you will feel well again.

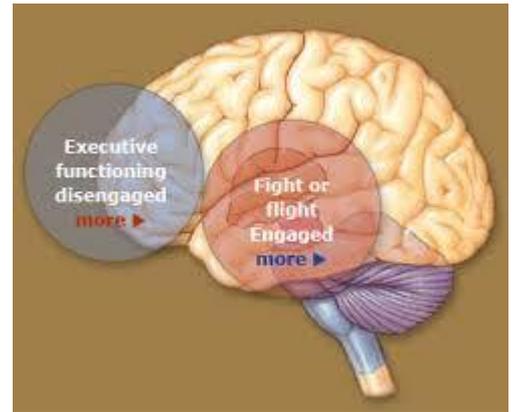
In the event of a major life blow, acceptance is a critical step to healing. This may not come naturally at first, however with acceptance comes peace.

Create a quiet moment and breath

When you're having a bad day and your stress levels are rising, your fight or flight response can be triggered. This response is controlled by the primitive part of your brain and is designed to protect you from danger. When triggered this part of the brain can interfere with our ability to think clearly. It can't be reasoned with, so the quickest way of giving it the response it requires to be deactivated is to get up and move, it will register this as flight. Then go to a place where you can take a few quiet moments to breath slowly and deeply. The primitive part of your brain will register that you have reached safety.

For the most effective results breath as follows:

- ➔ **Inhale for 5 seconds**
- ➔ **Hold for 15 seconds**
- ➔ **Exhale for 8 seconds**
- ➔ **Repeat at least 10 times**



Focus on your breath while you do this exercise, if necessary use your fingers to count the 10 breaths.

Notice the air entering through your nostrils, is it cool or warm?

As you hold the breath notice your body, notice how the air goes deep into your diaphragm

As you exhale slowly breath out tension and notice how the air feels as it leaves your body taking the stress with it. Feel the muscles on your face relax and the lines smooth away.

Finding a resourceful state within..

Now that you are physically relaxed focus on accessing your resourceful state. To do this:

- Sit comfortably in a relaxed position,
- Continue breathing slowly
- Count slowly down from 10 to 1 in your mind.
- With each number, feel yourself becoming more deeply relaxed, and say in your mind that you are going deeper and deeper into relaxation.
- When you get down to 1 imagine that you are more relaxed than you have ever been before.
- Scan your body from the top of your head to the soles of your feet, and as your mind scans over your body imagine that the muscles in each part of your body are releasing and relaxing.
- Now imagine a time in the past when you felt completely at ease and were doing something that you really enjoyed.
 - What can you see?
 - Who else is there?
 - What sounds can you hear?
 - What smells can you smell?
 - What is it that you enjoy about what you're doing?
 - **Be in that moment now and feel the enjoyment**
 - Note where you feel it throughout your body.



You're now in a Resourceful state.

Now that you have accessed some of your inner positive resources let's **anchor** them so that you can utilise them to get you through the bad day.

While fully experiencing the feelings, sensations and emotions associated with enjoyment – press your forefinger and thumb together and while doing so consciously anchor the positive feelings to that action. Repeat to yourself that whenever you press your forefinger to your thumb that you will be able to quickly access these positive feelings and use them to calm your mind and reassure yourself that better days are ahead. Practice this, and every time you press your forefinger to your thumb exaggerate all of the positive feelings in your mind, make the sights more vivid in colour, make the sounds louder, make the feelings even better.

You've proven to yourself that even in the midst of a bad day you have the power to access something positive within. You can access these feelings whenever you need them to give you strength.

This day shall pass. Things will work out as they're meant to.

You're going to get through this.

Things will get better

