



# 4 WAYS TO FIND CALM IN YOUR DAY

THAT DON'T INVOLVE  
SITTING ON A CUSHION!

Thanks for downloading your fast track to finding calm in your day, no matter how busy your life is.

These 4 ways are used by me every single day in my own life.

I know managing stress and overwhelm isn't easy, and sometimes the hardest part is making a start.

Let's dive in!



1

# "WHERE'S MY BREATH?"

## Lets do it

This one is super simple.

At regular points in your day, simply ask yourself this simple question

"Where's my breath?"

Pop a post it note somewhere you'll see it – the bathroom mirror, on your desk, your phone background...

When you ask that question, you can't help but check in with your body.

Simple.

You don't need to try and force it to change

Often just the act of noticing is enough to create a shift.

Your breathing will deepen, your shoulders will relax and even your jaw might just unclench a little.

## So why should I try it

When we're stressed, our breathing is faster and we start to "recruit" other muscles like the upper chest.

We evolved to do this in short bursts to to run away from danger...but of course our modern world doesn't have too many tigers roaming around!

More likely the stress we experience is an almost constant barrage of things competing for our attention. So we end up stuck in the stress response.

When we notice our breath and it begins to slow down, we send the signal back to our nervous system that we're ok in this moment.

Even doing this practice of noticing a few times in your day will change your stress levels as you release stress in micro doses as you go



2

## 4-4 BREATHING

You can use this breathing technique as you go about your day – in the car, while you're cooking the dinner, at your desk...

No one will know that you're actually taking a micro-moment!

### Lets do it

Breathe in through the nose for a slow and gentle count of 4 and then breathe out through the nose for a slow and gentle count of 4.

That's it.

You can add a pause at the top and bottom if you'd like to boost the impact.

Take at least 5-10 rounds of this type of breathing anytime to bring your nervous system back to balance.

Allow the breath to be smooth and even, so try to resist any "efforting".

That's it.

It might seem oh so simple but I promise the effect is incredible, and the more often you do it, the more your natural breathing pattern becomes more balanced.by default.

### So why should I try it

You can do this wherever you are: at your desk, in the kitchen, in your car...no special postures or cushion required!

You can create a micro-moment anytime, interrupting stress and giving you a mini dose of calm - and no one will even know.

I tend to use this one when I'm driving and it helps me focus and reset, no matter what else has been happening in my day.



3

# LISTEN TO YOUR FINGERS

Every minute of the day there's a secret conversation happening inside your body. You have the ability to listen in and when you do a tiny bit of magic can happen.

## Lets do it

In a moment, close your eyes and allow yourself to focus inwards. So often we're rushing to get somewhere or reach some goal...for now you're going to do the opposite.

Bringing the mind and the body together, just for a moment.

Now, gently and without trying too hard, take your attention and place it on the very tips of your fingers. Imagine that you're just gently resting it there.

You're not trying to "do" anything.

You're just letting your minds focus sit right there at the fingertips.

Now keep your focus there, ever so lightly. Keep it there for a few breaths.

You might notice a gentle tingling in the fingers after a little bit. Like a buzzing or vibration.

Don't worry if you don't feel anything - you'll still be harnessing your attention to create calm just by focusing your attention briefly like this.

If you DO feel sensations, how cool is that? Your fingers preparing for movement and creating that tiny bit of feedback in your nervous system.

Now you've had a read, gently close down your eyes and give it a try.

Want me to guide you? Check out the free 5 minute guided practice included and let's do it together.

## So why should I try it

The breath is the only part of our primitive brain that we can control.

Your nervous system is a two-way street; sending and receiving messages to and from the body and brain all the time.

Both of these are at play with this technique.

When we slow the breath, we send the message back to our stressed-out nervous system that there's nothing to see here.

It's like laying out a picnic in the middle of a battlefield.

Your nervous system will take its cue from your breath and call off the big guns.



4

# THE TOILET SEAT RESET

One of the biggest problems with building healthy habits is finding a trigger to remember.

This moment of calm is deceptively straightforward.

But aren't the best ideas often that way?

As humans we tend to overcomplicate things (I know I do!).

Nothing feels more difficult than stress which makes it even more prone to overcomplication.

So this route to calm involves using something you already do...going to the toilet!

## Lets do it

Every time you go to the toilet, use one or all of the 3 ways you've learnt.

You could choose one that's your favourite, alternate them or even do all of them every time.

The key is to make it so small and easy that it's not hard to achieve success.

You don't need to continually raise the stakes and make it more complicated – just be consistent.

## So why should I try it

Now you have what to do AND when to do it!

How good does it feel to know that you have the power to create change for yourself without changing a thing?





# WHO AM I?

## HI I'M LAURA COLEMAN

an established and highly-regarded expert in the field of meditation, and I'm particularly passionate about helping women ditch stress and overwhelm and build a truly meaningful life using the transformative power of modern meditation.

I provide talks and workshops for organisations, corporate clients and business communities. My signature Be.More programme unlocks peace, calm and clarity so you can uncover and rediscover the "real you" that's been hiding under the busy.

With Be Modern Meditation your most powerful life is waiting for you.

## HOW CAN I HELP?

For many people, their next step is to sign up for the Be. 21 Day Stress and Overwhelm Detox.

It guides you to embed daily practices into your life with the science and understanding to hook it all together.

With a daily email linking you to your bitesized content, you'll release the stress and overwhelm that may have crept up on you.

You also have the chance to join my fabulous membership community so you can join us live and get support.

Plus it includes a 30 minute 1:1 with me to make sure you're able to integrate all that you've experienced.

You can sign up here – I'd love to welcome and support you.

*Laura @ Be.*

