

Neuro-Linguistic Programming to Improve our Mental Health

Class Summary (2)

- You can also practice attention training whilst you walk, bringing yourself back to the present moment
- The way we do this is to bring our attention to our body as we walk
- Focus your attention on the movement of your legs. As you extend your leg, concentrate upon the movement and sensations in the leg, then the sensation of the foot touching the ground
- When you've become accustomed to bringing your attention to your legs and feet, you can extend this awareness to your body
- Start with your chest and check whether you're carrying any tension or feelings there, as you walk
- Practice checking in with your body when you're walking, it offers many clues to how you're feeling and what's going on in your mind
- If you detect any emotions or tension in your body, switch your attention to your breath
- Let the sensations of your body fall into the background of your awareness and bring attention to the in-breath, then the pause at the top of your breath and then the out-breath
- Once you've spent a few minutes focussing upon your breath, switch your attention back to your body to see how you're feeling
- Rest your attention there as you walk. Stay with it for a few moments, then switch your attention back to your breath
- If your mind wanders, to problems of the past or worries about the future, check where you're looking
- Then focus your attention back to your legs and feet as you walk
- In this way, switching your attention between your body, breath and the action of walking, you can dramatically reduce your ruminations and prevent psychological stress from being extended throughout your body and brain