

# The **SECRET SAUCE** of **DOWNSIZING**



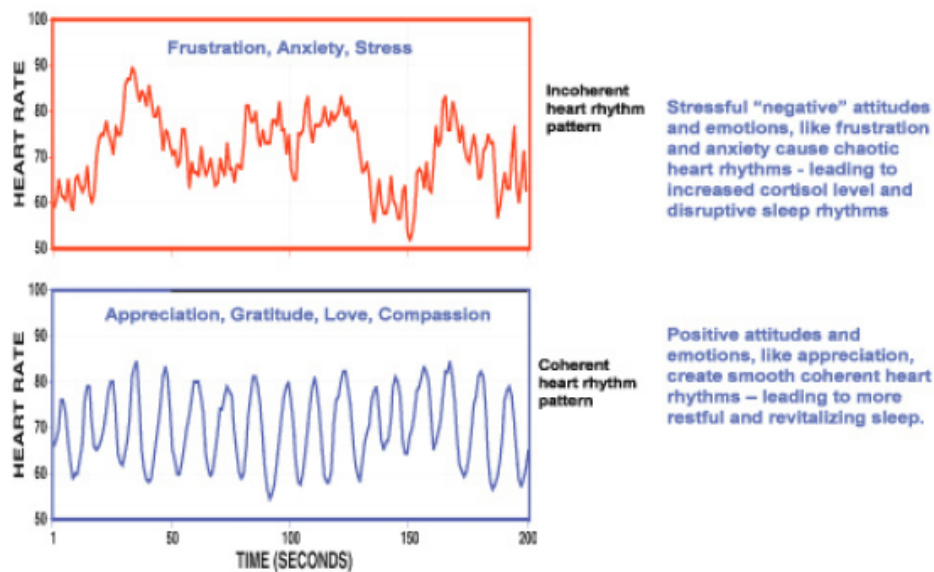
## Online Course Processing Your Emotions Module 4

### 2 Tools for Emotional Processing

#### Tool 1 - Heart Focused Breathing™

This simple technique is one of the best ways to help normalize your nervous system activity!

The following image shows the effect of the signals from the heart on the brain. It's not a stretch to imagine how erratic signals create difficulty in concentrating or making decisions. When you find yourself "spinning" do Heart Focused Breathing™!



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Health for Body, Soul, Spirit

Michele Mariscal, PhD ©

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## Tool 2 – Journal

Journaling allows you the freedom to express whatever it is you would like in a safe space that is just for you. You may find that just getting feelings and experiences out on paper is enough to help you move through a difficulty. It is also a place to note things that went well and take a moment to acknowledge yourself and all that you are achieving and moving through in the downsizing process.

Here are some useful prompts if you would like to try journaling and never have OR if you find some direction in writing helpful.

### Morning:

- What's one thought that has been getting the best of you lately? How has it been influencing your behavior
- What is truly worth focusing on today? What is NOT?
- What is one privilege you have that you often take for granted?
- How have you chosen yourself recently? How will you choose yourself, today?
- What has your inner voice been trying to tell you lately? What does it mean?

### Evening:

- What do you appreciate most about your life right now? Why
- What is one reality you need to come to peace with? Why?
- What's something you've let go that once meant the world to you?
- What's something true about you that you need to embrace more openly and lovingly?
- What's one old pattern of behavior that sometimes still sneaks up on you? What's a better alternative, and why?

