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MY TRUE COACH Mindfulness-based coaching

Unlock Your Potential with Mindfulness-Based Coaching
Are you feeling overwhelmed, stressed, or struggling to maintain a healthy work-life balance in today's fast-paced business world? This constant state of busyness can lead to burnout, reduced productivity, and hinder personal and professional growth. Mindfulness-based coaching might be the solution you've been looking for.

What is Mindfulness-Based Coaching?
Mindfulness-based coaching integrates mindfulness techniques with traditional coaching methods to help individuals develop self-awareness, manage stress, and achieve personal and professional goals. Mindfulness involves being fully present, observing thoughts, emotions, and physical sensations without judgment. Mindfulness practices help to manage stress, make thoughtful decisions, and approach challenges with a flexible, adaptive mindset.

Here are some specific practices within mindfulness-based coaching:

- **Mindful Breathing:** Focus on your breath, inhaling and exhaling, to anchor your mind in the present moment.
- **Body Scan:** Mentally navigate your body from head to toe, paying attention to any sensations, tensions, or discomfort.
- **Guided Imagery:** Visualise a serene and soothing scene or situation to alleviate stress and anxiety.
- **Progressive Muscle Relaxation:** Tense and then relax different muscle groups in your body to release physical tension.
- **Mindful Observation:** Select any object in your immediate environment and concentrate your entire attention on it.
- **Mindfulness Meditation:** Observe thoughts, feelings, and sensations as they surface, without judgment or attachment.
- **Mindful Listening:** Listen actively to someone without judgment or formulating a response while they are speaking.
- **Gratitude Practice:** Regularly acknowledge and reflect on the things you are grateful for.

Each of these practices contributes to the development of mindfulness skills that can be integrated into daily life to manage stress, increase self-awareness, enhanced focus and productivity, and improve overall well-being

Origins of Mindfulness-Based Coaching

Mindfulness practices originated from ancient Buddhist and other contemplative traditions but have been adapted for modern use in business and coaching.
Late 1990s-2000s the corporate world started recognising the toll of burnout, stress, and rapid change on employees, there was a growing interest in tools and techniques to foster resilience, emotional intelligence, and leadership qualities. Mindfulness began to be seen as a potential solution.
With the increase of research supporting the benefits of mindfulness and its visible adoption by various influential companies and leaders, both mindfulness and mindfulness-based coaching have become more mainstream.

Try the exercise on the next page and see how you feel. If you find it helpful and would like to explore how mindfulness-based coaching can support you further.

Warm regards,

Tanya Deryglazova

Your coach

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Physiologic Sighing Exercise

Objective: This is a simple breathing exercise with you called 'Physiologic Sighing.' This is a natural respiratory phenomenon that involves a spontaneous deep inhalation followed by a slower exhalation. It helps to reset your breathing patterns, improve lung function, and regulate emotions. Physiologic sighing is a natural part of breathing that our body does automatically, but can also be practiced consciously to help manage stress and improve overall well-being.

Physiologic sighing involves a double breath in - a deep inhalation followed by a short one, and then a long exhale. This process helps in two main ways:

- *Inflate and refresh the lungs*: The double inhalation helps to fully expand the lungs. Over time, small parts of our lungs can get a bit 'deflated,' making it harder for oxygen to get into our blood. The deep double breath helps to 'reinflate' these parts, making it easier to breathe and feel refreshed.
- *Regulation of nervous system*: Sighing also plays a role in regulating the autonomic nervous system, which controls involuntary bodily functions such as heart rate, digestion, and respiratory rate. It is thought that sighing may help to reset the respiratory centers in the brain, promoting a more regular breathing pattern and potentially reducing feelings of stress or anxiety.

Here's how you can do it:

1. Find a comfortable place where you won't be disturbed.
2. Close your eyes and take a few normal breaths to settle in.
3. Inhale deeply through your nose, then take another short inhalation before you exhale (**Double Inhalation**).
4. Exhale slowly and completely through your mouth (**Long Exhalation**).
5. Repeat the process a **3-5 minutes**. Inhale deeply through your nose, take another short inhalation, and then exhale completely through your mouth.

Now return to normal breathing and take a few moments to notice how you feel.

Reflect on any changes you notice in your body or mind.

- Do you feel more relaxed?
- Is your breathing more regular?
- Are your thoughts more focused?

Tips:
Remember, the key to Physiologic Sighing is the double inhalation followed by a long exhalation.
This exercise can be done anytime you feel stressed or anxious, or as a regular practice to promote overall well-being.
It's a simple yet effective way to reset your breathing, reduce stress, and improve your lung function.