

Video Transcript: Impact with Integrity - Module 3, Lesson 5

Hey, today I want to share a formula that I use to get myself out of a funk if I'm ever feeling stuck and I don't know what I want, I don't know what my request is, I don't know what's wrong, I don't know what's out of alignment. I know something's out of integrity, but I just can't quite put my finger on it. I use this formula. It's called Blurt, Breathe, Move, and it's really powerful and I want to share it with you.

Okay. You want to give yourself, like, five minutes. You can do this alone, or you can do this with a buddy. And, again, the formula is Blurt, Breathe, Move. I do this when I'm coaching people too. I'll set a timer for a minute and I'll say, "Listen, you set the timer for two minutes. I'm going to give you two minutes and I want you to blurt. I want you to be inappropriate. You swear if you want to swear. I want you to be unedited, unpackaged, uncompassionate. Not your best self. Unenlightened. Just swing for the fences and get it out. It's like a purging almost. Of giving yourself permission to just... "Blah," whatever that may be. And, just keep going, uninterrupted, until you say something authentic. And you'll know it. You'll know it. When you say something authentic, you'll be like, "Oh, that's it. That's what's bothering me." Okay. So that's where we start: just blurting. And again, do it with a friend, do it by yourself. Talk to the cat, talk to the wall. Go for a walk and just talk to yourself. Just get it out! But set a timer. There's something about setting a timer for one minute. You'd be surprised at how many people need the full two minutes. One minute. Most people can get it out. Okay.

Then, I want you to breathe. Once you've gotten to that, "Oh, this is the thing," set a timer again for a minute, two minutes, and I want you to breathe.

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And, the way I want you to breathe is I want you to breathe all the way until you can breathe from your belly. So, when we're in an adrenalized state, our breathing can be more up here, shallow breaths. It's that fight or flight breath, right? I want you to do what you need to do to get your breath down into your belly. And so for me, I sit kind of on the edge of my chair. I plant both my feet on the ground. And you know, that yoga when you do cat cow. So you do a cat like this, and then, cow, moo, like that, when you're doing a yoga on the ground? I do that while I'm seated. So I sort of curl my pelvis forward and kind of collapse my stomach as I breathe out. And then, as I breathe in, I roll forward a little bit. Katie Hendricks calls this a "yes breath," Gay Hendricks calls this the "yes breath." Gay actually is a breath therapist. He really uses the breath to heal trauma. And this is how fetuses breathe, right? And, so you're going back into your original breathing way. And I breathe for a minute or two until I calm my nervous system and I can feel it in my belly.

I feel myself calming down now as I do this and I wasn't even freaked out about anything. Okay. So, then, I move. I get up and move for one or two minutes. And I move at my essence pace. My essence pace is a pace that feels not too fast, not too slow, and I'm just fully present. I'm right up to the edges of myself. And I find my essence pace by walking a little bit too fast. And then walking a little bit too slow. And then I find that Goldilocks, just right, pace. And I go for that pace. There's something that it does that, that activates the creative parts of my brain again. So I feel myself coming back into presence and spaciousness and connection with the universe. Back into right relationship with myself and everyone around me.

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If walking is not your thing, sometimes I'll do a dance party. I'll just turn on a song that I really like and just kind of dance around. And, I'm not a good dancer. I'll just kind of do my thing, but dancing and moving. Moving is really helpful. Okay.

Or, I might do some of the Fear Melters. So, I'll show you a seated version of what Katie Hendricks has trademarked as Fear Melters. So her idea in the Fear Melters is that fear is chemical. It's things moving through our body. And so we can't talk ourselves out of it. So, how can we be with our body when we're noticing we're afraid, right? And so, you can even do these almost proactively when you're not scared. And it just creates that template in your body of ease and and connection. So let me just share her thinking on this. So, let's go through the different fear signatures in nature and in our bodies and the Fear Melter or the antidotes. So the best I've ever heard of this is to pretend like you're a gazelle on Serengeti and you see a tiger or lion that wants to kill you.

What's the first thing you do? You freeze. You go, "Is that a lion?? Right. We freeze. We freeze all the time! Right? We freeze in our work and it's not...you're not like a...you're not like that necessarily, but that little "ah" right? Right. And so, when we freeze, the antidote to that is simply to wiggle. Is to get moving again. Right. However, that is. And so sometimes, and you can do it, you can just be like, "Ooh, shake your hands out." Right? Or wiggle your toes. Just getting your body moving and that, that actually gets...you're not thinking about, "Oh, what was I scared of?" You're you're just getting yourself back into your body. I've seen my pets do this. Like once I saw my dog just do a face plant into a glass window and she just went, like...she shook it off and she was fine. It's a shaking it off that resets your nervous system.

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Now you're a gazelle again. Yes, in fact, that is a deer or a lion. You're frozen. It's a lion. What do you do? You run, you flee, you run as fast as you can. And we do that in our work, too. Let's say, we're in a cocktail party. We kind of flee because someone's a little bit in our body bubble. Right? Or, we flee forward and we're thinking about what could go wrong or daydream about what might go right, but we're fleeing mentally. Some of us flee up into our heads and just get really rational, but we're not really in our full bodies anymore. So we flee upwards. Or, literally, we want to avoid and we want to energetically leave the situation.

I had years where I would rehearse my "I quit speech." I was energetically and emotionally, fleeing. I wish I had known about this. So the antidote to that in your body, Katie Hendricks calls it Sumo, which is just really grounding your energy into the earth. It's "I ain't going nowhere. I am right here. And I'm grounded and I'm in my body." By the way, Katie is a dance movement therapist. So, how can we use our bodies to get our heads right? That's what this is about. So that's what that Sumo is --that grounded, firm, I'm not going anywhere, stance. Okay. So we're gazelle. We're running, running as fast as we can. And the lion corners us. What do we do then? We fight. We use our hooks and we're like....right? Okay. Fight. That's my fear signature. Energetically, I'll just be like this and stick my chest out. Like, "what do you got?" You know? But that's a fight. That's a fight posture. And you think, your jaw goes forward a little bit and you're kind of looking for what's wrong. And, how can I just...right? So, the antidote to fight is to ooze. I think of it like seaweed anchored to the ocean floor and kind of going back and forth. So fight is like this...it's like a back and forth motion. So, you're kind of interrupting that motion and easing back and forth. Okay? So that's another thing you can do to bring yourself back into your body, come home to yourself.

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Last one's kind of my favorite. So, it's too bad, the lions there. It goes to bite you. What's the last thing you do? You faint. Right? You just kind of collapse and you go out of your energy. And we do this at work all the time, too. We go get confused. Things get fuzzy. I don't know. Ah, that's faint. Okay? So the antidote for faint is, Katie calls it Love Scoops. So, you pretend like there's just a whole bucket of love and you scoop it and then you put it...you actually literally touch your body and you let it land. And, you bring that love to land onto your body. Okay? Love Scoops. I actually like this one. I don't know. It just feels good for me. Maybe I faint a lot. I don't know what it is, but all of these get you back in your body. You can do combos. You can do a dance party where you do the Fear Melters. Have fun with it.

But let's talk about this again. You're feeling in a funk. You're not sure what you'd want to do. Blurt, Breathe, Move. Give yourself two minutes to blurt. Get it out. Say something totally inappropriate. Have fun with it. Nobody's listening. Nobody's gonna record it, right? This is just for you. Breathe. Do that cat-cow breathing, where you're able to kind of get grounded where you can feel your breath in your belly again, and then move right now. We're going back into our creative space. We're back here. We're all online. Let's get our movement going. Either use the Fear Melters, a dance party, or go for a walk at your essence pace. Boom. Five minutes. That's a total control alt delete, reset. And you're back online and you'll get whatever it is that was in that funk. You're going to have more clarity. And then you'll be able to take that into some of our other integrity practices. Maybe you actually realize you have a yes or a no. Maybe you want to change an agreement. Maybe you want to initiate agreement where one doesn't exist. Maybe you want to make a new commitment. Who knows what it may be, but that five to six minutes will serve you. Well, good luck with this. I hope you love it as much as I do.