

PREPARATION

How we prepare for anything is how we prepare for everything?

Being flexible and going with the flow does allow you to make changes in the moment, however, if you could *know* what state you *would like to be in* when you have to:

- Teach a lesson while being assessed
- Attend and contribute at a meeting
- Stand up and deliver a presentation
- Do your speech at school in front of the class
- Present your research proposal at university
- Complete a sales pitch
- Recite your poem at an Eisteddfod
- Go for surgery
- Sing a song in front of an audience

There are so many more examples in life where you may like to prepare and choose your state, before the event.

If you could decide – **this** is how I want to be feeling when I do that task and you could prepare by accessing that state (how you stand, how you breathe, how you feel physically, what emotion you experience, what attitude you want) – how different would your experiences be?

PREP (or Preparation) is a strategy to build and sustain resilience.

If you prepare, it is like recharging your battery, and it allows you to build your ability to regulate your emotions.

Here are a few examples of real situations, where the individual really changed their experience by preparing for a situation:

Sam had always been afraid of public speaking, ever since she had been expected to stand in front of the class and recite her tables. Now she was at a workshop, and had been asked to present a section to a group of 30 people, because the facilitator had taken ill. A feeling of panic set in, but she was advised to go and find a quiet place, focus her attention in the area of her heart and breathe deeply and rhythmically, and breathe in the feeling she wanted to have while she presented. For Sam, this presentation was the best she had ever experienced and she now runs her own workshops.

Tahlita was a final year Occupational Therapy student and each time she had to present to her supervisors about patients she had worked with, she would experience such anxiety and would often end up in tears (even though she knew what she was doing). Her physical reaction to presenting was holding her back. She

practised Heart Focused Breathing™ while connected to the emWave Pro¹ so she could see when she was in a state of high coherence and then we set up the state she wanted to be in when presenting. She learnt how to open up her posture, do rhythmic deep breathing and breathe in the attitude of calm and confidence that she needed while presenting. She got through all the rest of her presentations and is now successfully employed as an Occupational Therapist.

Chelsey was so nervous about writing her Afrikaans exam because she had struggled with the subject in the past and found it especially difficult to get through tests and exams. After learning more about the connection between her heart and her brain and practicing Heart Focused Breathing™ and getting into high coherence, we used examples from times in her life where she had felt good about herself and times when she had felt confident (when she did well in a gymnastic competition) and then anchored these in a way she could access them in the moment (when she needed that feeling). She went on to do well in her exam.

¹ For information on the emWave Pro, see: <https://www.heartmathsouthafrica.co.za/product/emwave-pro/>