

# ABC of Mindfulness

The ABC of mindfulness is a tool to use at any time to keep yourself grounded and calm. It can be used to gain control of emotional reactions and put your PFC back in charge. It is a short exercise which will literally increase the capacity of your PFC if used daily. Practising these three steps will give you more ability to focus and to stay cool under pressure.

## Aware



Become aware of your body and any adrenaline or stress chemicals. Just by taking a moment or two to be aware of what is happening in the brain and body will begin to reduce the impact of the limbic system's influences.

This is the beginning of a mindful state. Focusing on breathing will also help to strengthen this state.

## Breathe



Breathe and relax the body to flush out stress chemicals and find a balanced, neutral state. From this state, we can more easily observe events with a non-judgemental and more objective perspective.

Mindfulness is being able to be aware of one's own thoughts and stepping out of judgements of right/wrong and good/bad – at least for a moment.

## Choose



Once we know how to recover from reactions, we have a choice about how we respond to others:

We can respond from a limbic, emotional state or from the PFC which is better able to reason, to see the whole picture, to embrace paradox, to delay gratification and to have empathy for others.

We can choose a perspective and how we want to view a situation.

We can also choose to practise mindfulness. The more we experience this state, the easier it will be to access it when needed.

The ABC model can be used in a number of ways and in different situations. For example, preparing for a situation that you know will be challenging or threatening to your limbic system.