

## Centering: The Ultimate Stress Reliever

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### **Preface:**

It is not a stretch that most of us in security are fairly stressed out. The day to day trials and tribulations of managing the organizational pressures, workload, and complexities of the security discipline can make anyone weary.

Just as it is important to take care of your day to day duties, it is just as important to take care of yourself while you work. To aid in this, CISOHandbook.com has partnered with the team from Balance.point/ Self Mastery Foundation to provide techniques to keep you performing at your best. These folks are experts at increasing your personal performance and health, even when you are working in high stress environments.

Below is the first of a series of exercises that they designed that are in the spirit of everything we do at CISOHandbook.com: Easy, Practical, and Effective. In addition, for more information, you can go to [www.StrongOrganizations.com](http://www.StrongOrganizations.com)— Mike Gentile

### **Article:**

Would you spend 3 minutes a day to increase the performance and reliability of your security program? How about a simple exercise that will reduce your personal stress and increase your clarity of thought?

- The concept is known as Centering
- The skill is called Selfmastery™ Centered Breathing
- The results will greatly increase your health and mental performance

Here is the science in a nutshell:

**Bad news:** In dealing with your environment, you often pick up stress and lose mental clarity.

**Good news:** Centering will bring you back to clear, inspired thought and emotional balance in just a few minutes.

Sound too good to be true? The science behind it is a little complicated, but the technique is simple and effective.

### **The Skill: Selfmastery™ Centered Breathing**

Sit down or stand in a quiet place where you will not be disturbed for a few minutes.

1. Breathe in deeply through your nose pulling from your diaphragm/ abdomen. Do this for a count of four or whatever is comfortable to you.
2. Hold your breath for a count of four, paying attention to your body.
3. Breathe out for a count of four, focusing on releasing your tension.

Repeat this technique three or four times.

## **Simple enough, but does it actually work?**

Consider this:

Breathing is the one action we do more than any other. So much so, that most of us don't even think about it.

Breathing can change your state of mind and your physiology. As you pick up stress from your environment, your breathing pattern begins to change slightly over time. Each time you breathe, you amplify the effects of accumulated stress.

By practicing centering periodically, you have the opportunity to counteract this stress. Seems too simple, but yes it actually works. Try it for a week or so...