

Confident Drivers

Kev & Tracey Field



To Breathe or Not to Breathe?

Why breathing exercises
(and alternatives for when they aren't suitable)



Kev and Tracey Field

Confident Drivers

www.confidentdrivers.co.uk

LOTS of FREE information on the website, podcast, blog, and social media pages!

Relaxation Techniques, Imagery, Positive Self Talk, Breathing exercises, Hypnotherapy audios, Coaching & NLP, TFT meridian tapping, Six-week Mindfulness course, E-learning courses about stress and confidence

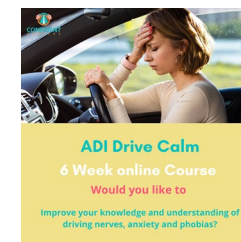
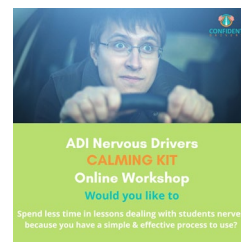
Subscription Plans For Individuals or ADI's & Pupils

ADI Training courses

Online workshop

6 week course

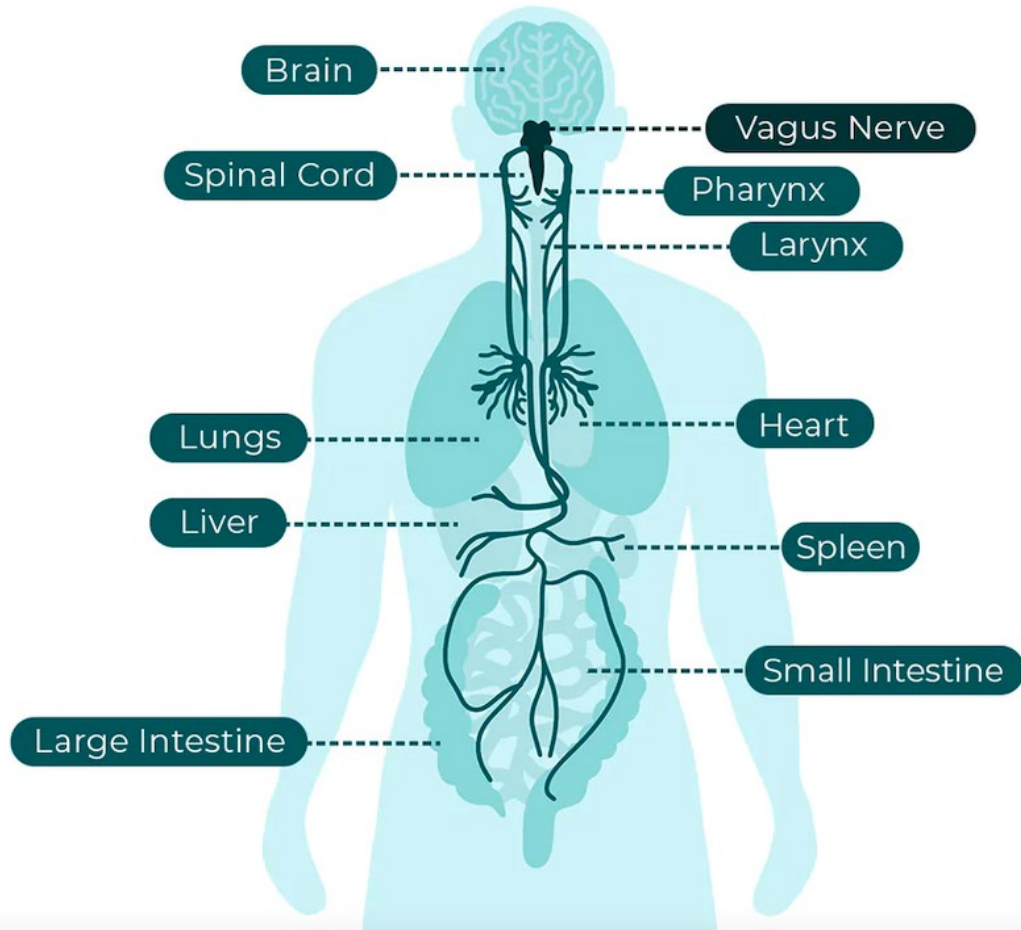
Association/group workshops



Why Breathing exercises?

- ✓ We all breathe anyway
- ✓ Natural hack to reset & calm nervous system
- ✓ Easy to learn
- ✓ Lots of variations to try
- ✓ Distraction from negative thoughts

VAGUS NERVE PATHWAY



Action
Busy
Stress
Fight / Flight / Freeze / Hide



Rest
Repair
Digestion
Calm



Lets
Breathe!



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What happens when?



What happens when?



What happens when?



Take a slow, gentle, full breath in
Release slowly – through pursed lips



Focus on the Out Breathe!



Calming Breath

Breathe in as
if smelling a
flower



Breathe out
as if blowing
bubbles

There is
NO
One Size Fits All



CONFIDENT
DRIVERS



CONFIDENT
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Changing State



When breathing isn't suitable





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Mind Full, or Mindful?



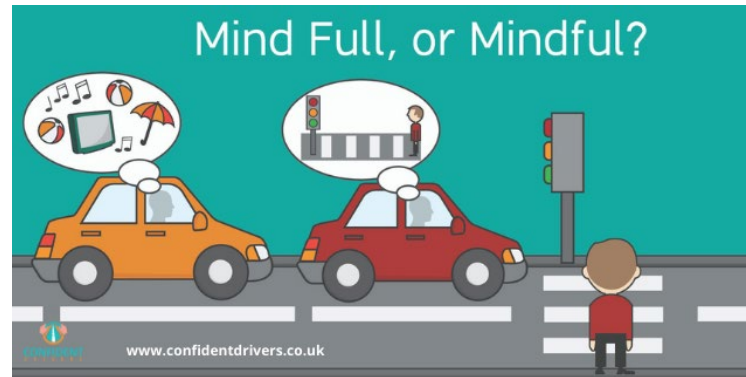
**Mindfulness is simply noticing
your experience**

**what is happening around you,
right now,
on purpose
and with curiosity**



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Mindfulness



- ✓ Mindfulness improves focus and attention
 - ✓ It reduces stress levels
 - ✓ It interrupts unhelpful thinking
 - ✓ It helps you gain more perspective

You can do almost anything Mindfully

You don't have to be an expert!



6 Ways to Practice Mindful Eating

Mindless Eating	Mindful Eating
1 Eating past full and ignoring your body's signals	Listening to your body and stopping when full
2 Eating when emotions tell us to eat (i.e., sad, bored, lonely)	Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
3 Eating alone, at random times and places	Eating with others, at set times and places
4 Eating foods that are emotionally comforting	Eating foods that are nutritionally healthy
5 Eating and multitasking	When eating, just eating
6 Considering a meal an end product	Considering where food comes from

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STEP UP TO MINDFUL WALKING

Walk your way to a calmer state of mind.

- Pick a time in your daily routine to practice mindful walking for at least five minutes.
- Concentrate on the physical sensations of walking - the sights, sounds and feelings of each step.
- If your mind wanders, gently return your focus by repeating "left, right" as you walk.

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Mindfulness Check In

Ask yourself or your student:

What can you see?

What can you hear?

What physical sensations can you feel?

What can you smell?

What can you taste?

**Don't worry,
you are already doing it!**



Finding out more about Mindfulness

Our Playlist:

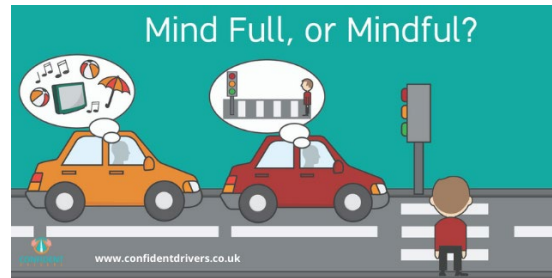
<https://bit.ly/confidentdriversmindfulplaylist>

Local Mindfulness Practice Groups

Apps:

Headspace, Calm, Insight Timer, Smiling Mind

Six Week Mindfulness
Taster Course



Six Week Mindfulness & Compassion
for Driver and Rider Trainers
www.guildmdt.com




If you would like to learn more:



ADI Nervous Drivers
CALMING KIT
Online Workshop
Would you like to

Spend less time in lessons dealing with students nerves because you have a simple & effective process to use?

£27 online workshop
Lifetime access
Printable flow charts of questions



ADI Drive Calm
6 Week online Course
Would you like to

Improve your knowledge and understanding of driving nerves, anxiety and phobias?

£247 Early Bird / £307 normal
Lifetime access
6 live modules (plus recorded)
Private Facebook group