

Thinking Pitstops - Recover Health and Direction v3

Life has been tense for the last few weeks – with a paradox between sensible precautions, fear of catching illness, and other worries. Much of society – even locked down – is on Alert – sympathetic drive. Yet we see gratitude, and many reviewing their values. As we move towards more normal times (we trust), what skills can we learn to help us refresh and find the way forwards?

How do elite racing drivers change tyres, refuel, and regain the race track within seconds? By highly organized pitstops.

Thinking Pitstops www.thinking-pitstops.com has been developed as a free gift, a skillset for NHS use. Of all I have learnt in the last years, this is one of the best! It's a powerful technique to help another person refresh in just a few minutes. The principles are to welcome, check in, dissipate tension, get back into their bodies (so often, we are stuck in our minds thinking busily) and calm from sympathetic overdrive into parasympathetic calm.

Next comes the magic – silently giving someone attention actually feeds their creative and problem solving abilities. Paying attention whilst the other person speaks uninterrupted for around eight minutes seems to catalyse a process whereby they effectively solve their own problems. A final check in confirms change. Then we can resume normal work, refreshed – back onto the metaphorical race track!

The effects? One short session for me transformed a pattern of thinking I'd been stuck with for years – with resultant changes. And I observed another doctor find a creative solution to a stuck issue in just minutes. Thankyou Dr Susi Caesar from Wessex and SW Appraisals team for promoting this!

This is powerful yet simple – and could help many of us in the long term! Please do consider doing the short free training over the next few weeks, timetable attached, enroll via website or connect@thinking-pitstops.com

Finally, when we have a shock or distress, we hold our breath briefly. So to get rid of tension – get stuff off our chest – we can use muscles to sob or laugh (actually the same muscles, and both can have the same effect). For many of us, humour – appropriate, or inappropriate – works. Maybe invest two minutes in this Armstrong and Miller clip?....

<https://www.youtube.com/watch?v=cJl2Ua4xhKs>

Go Well and Take Care!