



TRANSCRIPT

21 Day Tune-Up: Practice Tip #3

Hey there. It's Irene and welcome to Practice Tip Three, which is one of my favorite things: Building Capacity with Chaos.

So, here's the thing. When we have had adversity, chronic stress, a lifetime of trauma, these elements which for many of you you're here because of these histories, and by now my hope is that you are not only understanding way more about your nervous system, you're building more self-awareness, more awareness and, again, this C word, this capacity to be more resilient and to have more regulation on board. What we want to understand and what we want to really see into our future is that our capacity is infinite, especially when we start to touch ourselves, spiraling into stress responses that aren't necessary when we start looking at our past histories in ways that aren't useful, or maybe let's say we don't listen to our impulses when we know we should have.

So as we become more intelligent and we have more practice, our capacity grows. I really do believe that our capacity is infinite, and if we look at the human spirit and the human condition and all that we have endured for generations and generations here on this planet, we know that our ability to survive, thrive and move on is very high. So know that fact. I have in the text beneath this video a suggestion for you, so, of course, read through that in a moment, but I want to talk about the airport test. Now, this is something that's really just something I want to share with you.

The airport is something that, or a place, I should say, that can be very stressful. Not only do we have to worry about getting there on time, there is this element of "Did I pack what I needed? Do I have all the things I need?" We've got to deal with security. We have to deal with cramped spaces, and I think it's also interesting that airline travel, flying, commuting and moving ourselves from Point A to Point B via plane is one of the safest ways to travel. Yet we are so stressed when we travel. What would it be like, whether you are going on a flight, or maybe it's taking the bus or maybe it's even commuting in your own car. But, really, the airport is key here.

What would it be like to go through an airport, to go through check-in, to go through security, and really put into practice these principles that you've been learning in this course; staying grounded to the floor under you, being





present to your environment, staying in the space that you're in, and really allowing yourself to be curious about what you see? I find it's fascinating to watch other people around me and really how stressed they get, to be honest. It's an interesting reflection because you can see the worry, you can see the stress, and for me, at least, and I'd love for you to take on this habit, is it really worth it to get that stressed? If it takes you a little longer to get your computer out of your backpack, to put it in the tray so that it can be scanned, then so be it. Usually you have a lot of time to wait there, anyway, so watch when you might start to get really stressed and get really frantic, and is that necessary? When it's time to get on the plane, wait till the very end. I will admit when I travel, I am one of those people that waits until the very last moment to get on that plane because it's just ... I don't like having to sit on the plane when the AC is not on and all these things.

So I call this the airport test, and that it is a wonderful way to sort of bring awareness to the present moment and really test yourself to see, how well am I doing with my capacity today, how regulated am I in this given moment, and can I stay in my body, stay connected to the environment, and enjoy what is going on, as crazy as that might sound. Our capacity, again, like I said, it really is infinite and the way that we grow this capacity even more, even more to be able to be in these more chaotic situations is to actually be immersed in them in a very curious way.

So titrate the chaos. Titration is that concept of little doses at a time. So everyone is going to be different in where their regulation is and where their capacity is, so this might be something that you don't apply in an airport situation. Maybe it's something you apply at a coffee shop, or maybe it's something you apply at the grocery store, or going to a movie. Maybe if going to the movies in the evenings when it's too busy is too much for you, go to a matinee on an afternoon day, if that's a possibility. Then challenges in small doses. Again, small doses, sort of the same as titrate, but how can you find ways to give yourself mini challenges, to poke the system a little bit in a healthy way so that you can practice being embodied, staying connected to yourself and to the environment in situations that are less than ideal.

