Self-calming for Self-actualization

(Reducing our National Attention Deficit)
Our National Attention Deficit: Impulsive adults; In her New York Times bestseller, Becoming Wise, Krista Tippett, laments that In America, many features of national public life are better suited to adolescence than to adulthood.

She then provides a reason for this reckless impulsivity — We don’t do things adults learn to do, like CALM Ourselves. (2017, page 12).

The role of self-calming in reducing our national attention deficit (i.e. reckless impulsivity) according to the Centers for Disease Control, there has been an alarming 42% increase in Attention Deficit / Hyperactivity Disorder diagnosis in eight years (from 2003 to 2011). (Legg 2018). Stress is the leading trigger for ADHD symptoms (Porter, University of Illinois, College of Medicine 2016). Self-calming may reduce our growing National Attention Deficit.

Benefits of Adult Self-Calming

Self-calming leads to self-improvement — an added value in relationships, home, school and even work.

In addition to better problem-solving, relaxing under your control, will generate creative ideas.

“Gather the facts then relax” is a proven method used by the world’s most creative geniuses (e.g. Einstein dreamt – what would it be like to travel at the speed of light).

It is this author’s belief that mindfulness begets thoughtfulness.

Self-calming is a step on the path to become the best version of ourselves.

The Movement Toward Teaching Self-Calming

Acknowledging the key importance of emotional self-control, the entire New York public school (July 2018) has mandated mental health curriculum beginning at Kindergarten. (© 2017, Mental Health Association in New York State, Inc https://mhanys.org/mhanys/)

The American Institute of Stress (stress.org) recognized the key role of self-calming to healthy whole-person development in 1978, and today provides a peer reviewed clearing-house for virtually every aspect of stress management.

Meditation – Mainstream for Self-Calming

Putting our money where our mouth is! — Over 18 million Americans spent a billion dollars last year trying to calm down — naturally. Meditation, while not mainstream, is now a medically rec-
recognized form of heart healthy relaxation, even by the American Heart Association, (2017 *Journal of the American Heart Association.*) Mindfulness Based Stress Reduction (MBSR – Dr. Kabat-Zinn) is the most trusted name in Meditation. Dr. Heidi Hanna (2018 *The American Institute of Stress [stress.org]*) even offers a “recharging” “Meditation Monday” exercise – on line. (Monday is the most stressful day of the workweek.)

Maya Angelou [https://www.brainyquote.com/authors/maya_angelou](https://www.brainyquote.com/authors/maya_angelou)

Maya Angelou most importantly stated. “Be present in all things and thankful for all things.”

Laugh it off –
Humor is considered a great way to put things in perspective. Your sense of humor is your sense of balance. Check into The Association for Applied and Therapeutic Humor (AATH) [https://www.aath.org/](https://www.aath.org/)

Breathing Easier –
The Key to Stress Management is Right Under Your Nose!

As far back as 1880 the famed Harvard Psychologist William James believed that physiological phenomenon gave rise to the emotions.

Dr. Andrew Weil, M.D., Harvard-trained physician and best-selling author, strongly advocates concentrating on your breathing for five minutes per day to lower
stress and blood pressure. In fact, he states that relaxation breathing is the single best treatment for anxiety disorders.

Scientists have now discovered that nose-breathing increases a calming nitrous oxide (NO).

**A tip for Better Breathing**

Smell the Roses (aka. Aroma therapy) “Smelling scents” promotes slow deep, breathing through your nose. Deep breathing is relaxed breathing. The aroma of baking cookies actually increases the curb appeal of homes for sale, by relaxing potential buyers.

**Choice – Win / Lose – You Choose:**

“Plans are of little importance, but planning is essential.” – Winston Churchill

The key to sustainable stress resilience is to be pro-active, not impulsively reactive.

**Your Freedom to CHOOSE**

Choice is the C in the ABC’s of Industrial-Strength Stress Control formula. Within reason, we have freedom of choice in how we handle problems. Consciously choosing how we handle hassles frees us from the involuntary stranglehold of stressors.

Even for physical health, it is estimated that 60% of our health outcomes hinge on our personal life style choices. Get control of what you can – time management, cardiovascular fitness, sleep, diet, vacations, negative people, the company you keep etc.

The best way to manage stress – is to “nip it in the bud” as a local North Carolinian Sheriff famously quipped.

In the end, my friend, a guaranteed self-calming “mantra” is “left foot, right foot, breathe.”

Anne Lamott proposed this phrase “left foot, right foot, left foot, breathe” as a self-calming, self-talk phrase in her 2005 New York Times Best seller – Plan B: Further thoughts on Faith. Try it. [https://amzn.to/2Bursim](https://amzn.to/2Bursim)

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A streamlined (only 84 pages, easy-to-read, easy-to-do) version of How the Best Handle Stress: Your First Aid Kit is now available at Amazon.com for only $6.95. [https://amzn.to/2OY6UZk](https://amzn.to/2OY6UZk)