Self-Calming for Self-Actualization

By Dr. Ron Rubenzer

(adapted from the 2018 resource How the best handle stress – your First Aid Kit)
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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 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).

Self Calming and Self Actualization

If we are ever going to mature into a society of self-actualized individuals, we will need to spend some effort on learning to SELF-CALM. According to Maslow’s Hierarchy of needs, stress is non-conductor of psychological growth. [https://www.learning-theories.com/maslows-hierarchy-of-needs.html](https://www.learning-theories.com/maslows-hierarchy-of-needs.html). Being in a continual (and unrealistic) fight or flight mode stunts our psychological growth.

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

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)

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/](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.
The ABC’s approach to stress resiliency

You are invited to try these self-calming approaches to your personal “Attitudes, Breathing techniques and Choices”.

ATTITUDES – FOR MAXIMIZED MINDSET.

Consider this: If you are not in control of your thoughts, who or what else is?

A lighthouse beacon for positive attitudes-
The very wise Maya Angelou is quoted as saying
If you don't like something, change it. If you can't change it, change your attitude. 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/
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).

* The June 2018 (vol. 7, no. 2) issue of Contentment magazine is a remarkably rich resource for breathing easy, based on the collective wisdom and experience of seven renowned experts. (stress.org)

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 lifestyle 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.