WSC - Build (psychological) Safety for yourself

30 second summary:

- ⊘ **Summary:** Under 5 minutes, get a list of field-tested strategies to build safety for yourself and reduce your triggers
- ⊘ **Main Outcome:** You avoid or reduce the impact of your triggers (Reptilian Brain) and the resulting stress and fears; you feel better!
- ⊘ **Top Benefit(s):** Higher threshold for your triggers (so lower triggers less often); less stress; more authenticity, confidence and influence especially with others and under pressure
- ⊘ **Next Steps:** Test each strategy 2X+ in the next 14 calendar days then decide to adjust/anchor/drop
- ⊘ **Duration:** <5 minutes.
- ⊘ **Target Audience:** Anybody willing to reduce stress and anxiety and enjoy their day more

Why it works

- ⊘ **Before:**

When we ask our clients about safety and its impact on stress and triggers, at first they usually don't relate that much…For them, it is all about forcing a change in their environment and spending more time, and money on it. But when they understand that 1) most of their anxiety, stress, fears, and inability to deliver their "Should" is driven by their Reptilian Brain triggering because it believes your Survival is at risk and that 2) Safety is the main driver to get it out of Survival Mode then they pay much more attention to Safety and usually are eager to understand how to build more of it.

- ⊘ **After:**

This post is meant to propose practical strategies that under 5 minutes can increase your feeling and level of safety. Of course, winning 50 M$ at the lottery would build a lot of safety but the strategies we propose are meant to be 100% under your control!

With safety, fewer triggers for less time, therefore, less stress, more focus with more lightness, so you genuinely enjoy the present without worrying.

Top Strategies to build safety for yourself

Strategy	Duration	Steps	Example
Acknowledge, label and reframe my emotions and stories	<5m	-1- I set timer for 5 minutes. -2- Tell/write/visualize my current story and label my emotions with acceptance (I remember my emotions are temporary and do not define who I am) -3- Put myself in the shoes of whoever I associate with the intense emotion, imagine s/he has the best intent towards me, and replay the story from his/her standpoint: separate the facts from my interpretation and notice what changes in my story -4- Summarize my learning and how different I feel from the beginning -5- Define what is my next step -6- Start acting on it now	*-1- Right now, I feel angry and that my fingers are tense when I think of what my boss told me. He was sounding like I made a mistake on purpose and I feel it is so unfair and unappropriate.* *-2- On his end, if I assume he likes me as a team member, he probably was upset that I did not deliver the project faster...and I wonder how different his expectations were from mine; if he thought, I had committed to deliver by yesterday, that would explain why he was angry at me or maybe he was just worried as he committed to his own boss* *-3- Maybe we had different expectations that created this misalignement. If I am right, then maybe I can clarify with him and better align on expectations next time. I feel a bit less angry and better and I actually want to talk to him* *-4- talk to him: say that I am sorry, ask about his view and his expectations and how we can do better next time*
Set a 5 minute timer and engage in activities that force my body to believe that I am not in survival danger	<5m	Some ideas -1- I set timer for 5 minutes. -2- "Meditation under 5 minutes" (Headspace, Calm, Youtube) -3- Deep and slow breathe with my preferred body posture (eyes closed and looking up, smiling...) -4- Mindfulness exercises (refer to attachment) -5- Grounding exercises (refer to attachment) -5- Do a caring move for my pet or child or a beloved one -6- Take a walk, as slow as possible and focus on what I see, or on my body moving -7- Stretch or exercise your body -8- Clean up or organize my house, office and enjoy the feeling of control and satisfaction	Habit: -Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION]. -Example for "Resetting activities" habit: When I feel triggered or when one of my stressors symptoms is present (bowel movement, sweaty hands, tight shoulders...), I ask myself " if I am triggerted, what could be the root cause of my trigger" I tell myself "the trigger is temporary and does not define who I am forever, although it might feel like that" I look at my calendar and create a 10 minute timeslot "Rest" at the next availability (and I reschedule other timeslots as appropriate" I visualize doing one of the proposed activities and feeling stress releived and reset I record as applicable in my habit tracker if I decide to do it now, I set my 10 minute timer and start now now. -My habit:_____

Strategy	Duration	Steps	Example
Visualize what you want to happen	<5m	**HEAR:** -1- I set timer for 5 minutes. -2.1- I Commit to tell somebody how I feel and/or -2.2- I commit to ask him/her for help and to tell me what I want to hear (if s/he genuinely means it) -3- Define what is my next step -4- Start acting on it now **–Success drivers:** -start with people you trust and with a topic that already feels safe -ask whoever I associate with my trigger OR -ask a beloved or trusted person even if what I want to hear is not related to my trigger	-to my boss: *"Hi Boss, do you have a minute to unpack the last situation with me? I feel like there is something about it that is holding me back and I do not like that as I want to perform. How did you go through it... "* -to my spouse: *" Hi X, I feel triggered and angry right now about something at work and I could use some love to feel good enough: could you please tell me that... (you love me, that I am a good father...)"*
	<5M	**SEE:** -1- I set timer for 5 minutes. -2- I visualize or journal what I want to happen or what makes me feel good about myself or the situation: - Use questions like " What would be the ideal scnearío in the current situation that would make me feel safest? If it did happen, what would that change for me? The situation? - See myself being successful at the situation at stake OR - See/Read one of my "feel good" list (usually not related to the situation) -3- Define what is my next step -4- Start acting on it now **–Success drivers:** -Focus on how safer it makes me feel	-example of lists: -my past successes; -my strengths; -love messages from my beloved ones; -genuine testimonials from trusted people (on Linkedin); -positive affirmations; -main traits of my desired identity "I am the kind of person who..."; -my favorite quotes; -my bucket list items...) -...
	<5m	**DO:** -1- I set timer for 5 minutes. -2- Visualize what next steps my mentor or a trusted and knowledgeable person would recommend to improve the situation and visualize how safer I would feel at completion. -3- Define what is my next step -4- Start acting on it now **–Success drivers:** -If resistance, remember 1) the last time I tried and felt safer/better after then imagine it will be the same now -If resistance, remember 2) worst case scenario is a win as I spent no more than 5 minutes, I feel good that I have tried and I have learnt something that will serve me in the future	- My peer would recommend that I talk to my boss, and renegotiate the deadline after confirming what the outcome would mean for him - I am writing an email right now to my boss asking for a 10 min chat to talk about the past situation, briefing announcing that you would like to share your thoughts and get his on the situation

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Set a 5 minute timer and engage in activities that force my body to believe that I am not in survival danger	<5m	Some ideas -1- I set timer for 5 minutes. -2- "Meditation under 5 minutes" (Headspace, Calm, Youtube) -3- Deep and slow breathe with my preferred body posture (eyes closed and looking up, smiling…) -4- Mindfulness exercises (refer to attachment) -5- Grounding exercises (refer to attachment) -5- Do a caring move for my pet or child or a beloved one -6- Take a walk, as slow as possible and focus on what I see, or on my body moving -7- Stretch or exercise your body -8- Clean up or organize my house, office and enjoy the feeling of control and satisfaction	Habit: -Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION]. -Example for "Resetting activities" habit: When I feel triggered or when one of my stressors symptoms is present (bowel movement, sweaty hands, tight shoulders…), I ask myself " if I am triggered, what could be the root cause of my trigger" I tell myself "the trigger is temporary and does not define who I am forever, although it might feel like that" I look at my calendar and create a 10 minute timeslot "Rest" at the next availability (and I reschedule other timeslots as appropriate" I visualize doing one of the proposed activities and feeling stress relieved and reset I record as applicable in my habit tracker if I decide to do it now, I set my 10 minute timer and start now now. -My habit:_____ _____
Do a Break Routine	<5m	Summary: Under 3 minutes, reset your stress and emotions and optimize your next meeting Main Outcome: Your negative emotions stop and your next meeting delivers more value and influence Top Benefit(s): Less stress, regrets, triggers; more learning, planning, focus and results during meetings, more time available at the end of the day Next Steps: Apply this habit at the end of each significant meeting or part of your day, and minimum 2X per day for 5 days in the next 14 calendar days. Duration :<5m. Target Audience: Anybody willing to reduce stress and anxiety and enjoy their days more	Habit: -Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION]. -Example for "Break Routine" habit: When I start a meeting, event , I set a timer to ensure I finish 10-15 minutes before the next scheduled meeting, and I communitate to the audience accordingly. Then I visualize myself telling the audience that we need to wrap up and thus finishing on time. I visualize me sitting, going through a break routine and feeling after, relaxed, reset about the past, clear and excited about the next meeting/event. I record as applicable in my habit tracker if I am able to, do it now (`3 minutes). -My habit:_____ _____

WISER
SOONER
COACHING

Strategy	Duration	Steps	Example
Do a Morning visualization	<5m	Summary: Under 5 minutes, optimize your upcoming your day and identify your potential triggers for less stress and more results Main Outcome: Higher clarity on what TO DO and what NOT DO for your upcoming day (more clarity, motivation, focus on value, less procrastination, stress, doubts) Top Benefit(s): Your day is less stressful and your time is more focused on value and enjoyable experiences Next Steps: Apply this habit in the morning at least 4 times in the next 7 calendar days then decide to adjust/anchor/drop Duration :<5m. Target Audience: Anybody willing to reduce stress and anxiety and enjoy their day more	Habit: –Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION]. –Example for "Morning Visualization" habit: Every morning, before I open my computer, I sit on my chair at my desk, set a 5 minute timer, visualize myself being in my favorite place and start my morning visualization Then I record as applicable in my habit tracker Tips: set recurring timeslots in your calendar; stick a note with a reminder on your computer screen oir as wallpaper –My habit:_____ _____
Do an Evening visualization	<5m	Summary: Under 5 minutes, optimize the learning from your day for less triggers, stress and more results in the following days Main Outcome: Higher clarity on what TO DO and what NOT DO for your upcoming days (more clarity, motivation, focus on value, less procrastination, stress, doubts) Top Benefit(s): You bring closure to the triggers of your day and prepare for a next day less stressful with your time more focused on value and enjoyable experiences Next Steps: Apply this habit at the end of your day at least 4 times in the next 7 calendar days then decide to adjust/anchor/drop Duration :<5m. Target Audience: Anybody willing to reduce stress and anxiety and enjoy their days more	Habit: –Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION]. –Example for "Evening Visualization" habit: Every night, when I am done with my last work task and am about to log off, I sit on my chair at my desk, set a 5 minute timer, visualize myself being in my favorite place and and start my evening visualization. Then I record as applicable in my habit tracker Tips: set recurring timeslots in your calendar; stick a note with a reminder on your computer screen oir as wallpaper –My habit:_____ _____
Do a Daily Planning Review to plan your day for less triggers	<30m	Summary: Under 30 minutes, optimize your upcoming your day and identify your potential triggers for less stress and more results Main Outcome: Higher clarity on what TO DO and what NOT DO for your upcoming day (more clarity, motivation, focus on value, less procrastination, stress, doubts) Top Benefit(s): Your day is less stressful and your time is more focused on value and enjoyable experiences Next Steps: Apply this habit in the morning or at might at least 8 times in the next 14 calendar days then decide to adjust/anchor/drop Duration :<30m. Target Audience: Anybody willing to reduce stress and anxiety and enjoy their day more	Habit: –Model: After [OTHER CURRENT HABIT] and/or at/when [TIME], I will [NEW HABIT] in [LOCATION]. –Example for "Daily Planning Review": When I first sit at my desk in the morning and before I log in, I visualize me being done with the Daily Planning Review, and feeling like I reset myself from any stress; I feel clear and excited about the upcoming day; and I feel satisfied that I have saved 1Hr+ that I won't spent on stressful non priority by investing less than 30 min. Then I open in my calendar my "Daily Planning Review" timelot and follow the script. At the end, I record as applicable in my habit tracker –My habit:_____ _____

TO DO

- � **Set a 5-minute timer**
- � **Pick one of the proposed strategies**
- ☐ **Follow script**
- ☐ **Focus on how you feel below your throat as this is the language of safety (Reptilian Brain)**
- ☐ **Focus on the incremental and relative change for your emotions: it is more a marathon than a sprint**
- ☐ **Act on it to anchor the memory at body level for a stickier habit**

NOT DO

- ☐ **Stay in your head! (Safety is an emotion therefore to be found in your guts and heart)**
- ☐ **Spend too much time preparing… the value is in the doing and the emotional experience**
- ☐ **Don't disqualify it yet if I don't feel a major change after the first time**
- ☐ **Multi-task when I do any of the strategies**
- ☐ **Cancel or postpone them because they are less priorities than work or others (I already did that for years with no great success)**
- ☐ **Deny or play down the power of my Reptilian Brain (remember it controls most of my stress)**

Your next 2 weeks steps

⊘ **Start NOW or schedule your first try:**

Apply TO DO right away (<30 minutes)
Once done, decide your commitment for the next 2 weeks
How are you feeling right after? Compared to before? What was the value for you?
What to adjust for you to commit for 2 weeks?
Visualize the next time you apply it and how you would like to feel
Celebrate that you have tried something new

⊘ **Build your habit (-> more practice -> more results)**

Model: After [OTHER CURRENT HABIT] and at/when [TIME], I will [NEW HABIT] in [LOCATION].
Example: When I sit at my desk for the first time in the morning, I set a timer for 5 minutes, I visualize myself completing one strategy and feeling good about it; then I create a timeslot in my calendar with the details about this strategy; I read them and visualize myself practicing the strategy and feeling safer and less stress as a result.
Print your sticky habit

⊘ **Total time:**

6 X 5 min = 30m in 2 weeks

⊘ **How you measure success:**

Have applied at least 6X times in the next 2 weeks

⊘ **What value you can expect:**

Feel safer; Less stress or internal noise; You can enjoy what's next in the present with lightness

⊘ **How to get started:**

Print and fill your Habit template then apply right away