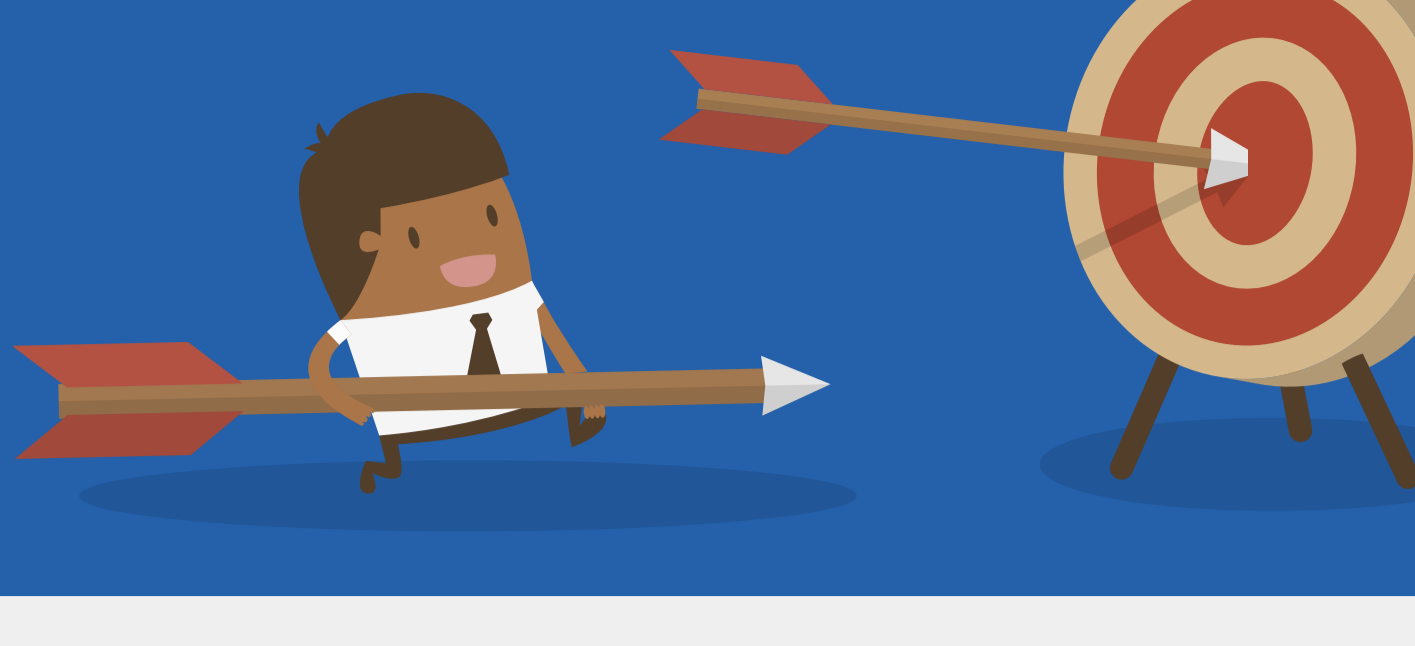


# CENTERING

Maintaining Focus in Stressful Situations



Imagine you have to deliver an important presentation.

Your heart is beating fast, you're short of breath, and you're sweating.



## But wait, did you try CENTERING?

### WHAT IS CENTERING?

Centering helps you to turn nervous energy into positive concentration.



### Origin

Centering is an ancient visualization technique that originated in Aikido – the Japanese defensive martial art of “spiritual harmony.”



### WHEN CENTERING IS USEFUL

You can use centering before...

#### Presentations



#### Negotiations



#### Job Interviews



#### Exams

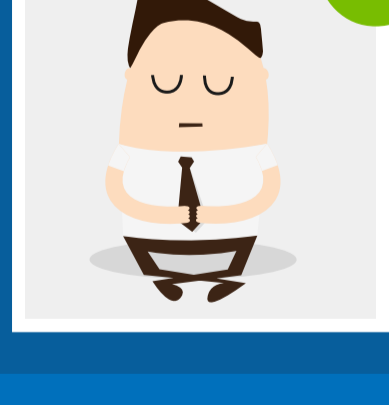


### HOW TO CENTER YOURSELF

1

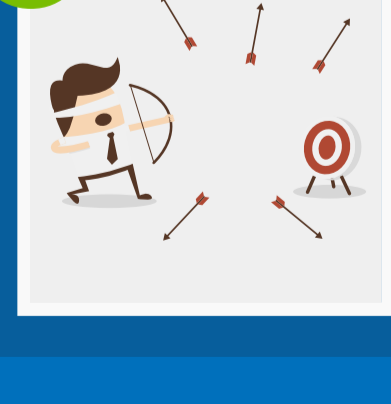
#### Focus on your breathing

- Inhale slowly and deeply, and focus on your breathing.
- Relax any muscles that feel tense by clenching and releasing them.



#### Find your center

- Focus on your physical center of gravity, likely in your belly.
- Breathe in and out at least five times.
- Continue focusing on your center, and feel the sensation of being stabilized.



3

#### Expel stress and tension

- Finally, imagine gathering all stress and tension into a ball, and throwing it far into the distance.
- On the next breath in, think about what you want to achieve.
- Focus on thinking positively.



By becoming skilled at **centering**, you can learn to master stress rather than allowing stress to master you.