

## Nervousness / Energy Control Techniques

The following energy control techniques can be used to harness nervousness:

### 1. Physical Posture

Psychosomatic is a term given to describe how the mind controls the body and can make the body ill. The reverse is also true and is called Biofeedback; whereby the body sends signals to the brain. If one had to attach an electroencephalograph to the brain it would emit certain brain patterns. If the posture of that delegate were altered, the patterns would also alter.

So, adopt ideal posture - spine straight, pelvis forward, shoulders square and relaxed and chins level. The spine remains straight when seated, pushing the backside as far to the back of the chair as possible, arms away from the body, shoulders, square and relaxed with chin level.

### 2. Breathing Rhythm

One of the first things that will be negatively impacted is your breathing rhythm. When the abdominal muscles tense, the diaphragm cannot descend 1.5 inches, so one is forced into a compromised form of breathing, that is not designed for speech or song.

The secret to correct breathing is the rhythm and regularity and has little to do with breathing "deeply". The whole chest should be used and the rhythm established as follows: "In, one, two, three - out, one, two, three." etc. Breath must be drawn in the nose and out the mouth. Nose breathing should be encouraged as the breath is warmed and filtered by the tiny hairs in the nose.

### 3. Mantra or Credo

It is a known fact, that by repeating a phrase over and over again, it focuses the mind. A Mantra for energy control is:

"I'm Comfortable  
Capable  
Credible and  
Caring"

This must be repeated with the breathing rhythm. When negative thoughts cross the mind, they should be counter-acted with the positive. E.g. "I'm not well prepared" counteract with "I'm comfortable, capable, credible and caring". "I don't like the way this audience is looking at me" - "I'm comfortable, capable, credible and caring" It is a process of sublimation and not suppression.

### 4. Visualisation

The delegate must see himself in a communication process, succeeding. The secret to this visualisation lies in the intensity and detail that the delegate puts into the process. Working through the five senses, Sight first, the venue is visualised, the people present, what the delegate is wearing etc. Then sounds the delegate expects to hear e.g. The voice rich and resonant projecting to the back, cups clinking, the sound of hushed voices etc. Then kinesthetic, what the delegate is feeling. All these sensory experiences should be unique to the person. An example of feeling might be a buzz or a feeling of electricity in the solar plexus etc. Even smells one could expect like the smell of coffee, or leather seats in a car should

be experienced and finally taste, what the delegate tastes eg. toothpaste, coffee. If the visualisation process is done often enough and, in enough detail, it can overlay the old memories captured in memory and begin to re-write them in a more positive way.

### **Dealing with fear/ social phobia: re-engineering the low road**

Known as “social phobia” by psychologists, this fear can remain lifelong. Just imagining this, can result in physical symptoms such as dry mouth, accelerated heart rate, upper chest breathing.

Research by Joseph LeDoux at the Center for Neural Science at New York University has revealed the circuitry involving the amygdale known as “Fear Central by Le Doux” LeDoux has shown how the cells in the amygdale and surrounding areas fire in new patterns at the moment a fear has been learned. Our memories are in part reconstructions. Whenever we retrieve a memory, the brain rewrites it a bit, updating the past according to our present concerns and understanding. At the cellular level, LeDoux explains retrieving a memory means it will be reconsolidated “slightly altered chemically by a new protein synthesis that will help store it anew after it has been updated. Each time we bring a memory to mind, we adjust its very chemistry; the next time we retrieve it, that memory will come up as we last modified it. The specifics of the new consolidation depend on what we learn as we recall it. If we merely have a flare-up of the same fear, we deepen our fearfulness. But the high road can bring reason to the low. If at the time of the fear we tell ourselves something that eases its grip, then the same memory becomes re-encoded with less power over us. Gradually we can bring the once-feared memory to mind without feeling the rush of distress all over again. In such a case, says Le Doux the cells in our amygdale reprogram so that we lose the original fear conditioning. Therapy can alter the neurons for learned fear. This can even happen naturally says LeDoux “It’s something like what happens naturally when we churn a worry over in our mind and come to a new perspective”. We use the high road (the pre-frontal cortex) to reengineer the low (the limbic structure)

Thus, applying the same techniques that psychologists recommend, you can literally create new neural pathways and over-write the negative inefficient circuits, enhancing confidence in a sustainable way.