

Boost Your Own Well-Being to Achieve More and Be Happier



By Gayle Crist,
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What if I told you there was a self-care technique that could boost your general well-being and lead to improved performance at work, at school, or in physical activities—and which might also help you see greater success with your life goals? I

recently was introduced to a psychosensory therapy tool for autonomic nervous system regulation called “havening,” which has been shown to do just that.

Havening is an at-home healing and brain health technique that you can literally keep at your fingertips—using physical touch for self-calming. It relies on the principles of neuroscience to deactivate the trauma in the limbic system, which results in a significantly decreased presentation of trauma and other fear-based disorder symptoms.

With havening, you lightly touch your arms, face, and hands to elicit delta brain waves, which act directly on the receptors in your amygdala where trauma memories are stored, thus down-regulating the emotional charge attached to those memories. Amazingly, havening can change the pathways in your brain; boost production of the mood-stabilizing, feel-good hormone serotonin; and thus reduce the distress associated with negative memories.

By gently and lovingly caressing your upper body, you create a “safe haven”—a place where you feel protected and positive. This can have a variety of benefits.

Imagine:

- how much better your life would flow if you could detach from upsetting past memories that cause stress, derail your relationships, and make it difficult to relax?
- how much happier you'd be if you weren't at the mercy of hot buttons and triggers that cause emotional reactivity and lead to conflict with your loved ones?
- how much more productive you'd be in working toward your goals if you were unworried, unhurried, and content (flooded with serotonin)?

Gayle Crist, M.S., is a life coach based in Ambler. She helps people balance their personal and professional lives, navigate life transitions such as separation/divorce, start a business, get organized to complete an important project, write/edit their first book, or follow through on other life goals. Gayle is also a writer, editor, and proofreader (www.cristeditorialservices.com) and the author of *How I Met My Second Husband Online at Age 50*. Information about her life coaching services is at www.healthylifeplanning.com, and her life coaching blog is found at <https://gayle4244.wixsite.com/website/blog>. Contact Gayle at 267-245-3023 or coach@healthylifeplanning.com.

By doing havening once or twice a day for 5-10 minutes, all of these imaginings could become real (visit <https://drtrutt.com/the-havening-techniques-better-living-through-neuroscience/>). Though you have no control over the emotional memories that get stored in your amygdala, havening gives you a method to prevent these negative memories and emotions from interrupting your momentum and running your life.

The psychologist who taught me havening says it has helped her clients heal everything from anxiety and phobias to PTSD. For example, I have a fear of getting lost (caused by a traumatic childhood experience). Now, 60 years later, when I think someone who's driving me somewhere doesn't know the right route to take to our destination, the child in me begins to panic and act out. By practicing havening, I should be able to tone down or even eliminate that childish reaction—so I can be calmer and more rational and less fearful and critical.

Sadly, the after-effects of traumatic experiences seep into every area of your life, leading to disruptions in personal relationships, emotional outbursts (anger, uncontrollable crying, etc.), a sense of being out of control, feelings of constant and irrational fear (anxiety, panic attacks, hypervigilance), sleep problems (nightmares, insomnia, etc.), and much more. Havening allows you to safely and effectively manage these symptoms and support yourself in being freed from your painful past so you can start building the future you envision.

Think of a life goal you have for your envisioned future. Next, think about the many steps you need to

take to achieve that goal. Wouldn't you be more likely to successfully complete those steps if you were calm, rational, focused, and worry free?

Emotions like fear and worry distract and derail us, hindering us from progressing toward our goals. Once we slide off track, it's that much harder and more time consuming to get back on. That leads to discouragement and possibly depletion of motivation. Sometimes, we even stop caring about our goal and just give up.

Havening can help you stay calm and cool under pressure, refocus, and then regroup. It can prevent you from feeling frustrated and overwhelmed when your goal seems too big or too hard. And it can help you enhance your overarching resiliency so you feel stronger and more confident—and thus more capable of seeing your goals to fruition.

Havening + the support of someone who believes in you and your goal is a winning combination. A life coach is that someone. He or she helps you plan the steps toward your goal, holds you accountable for completing them, partners with you in brainstorming ways to overcome obstacles that arise, and roots for your success every step of the way.

If some unresolved trauma or fear is keeping you from moving forward with what you desire in life, consider trying the havening/coaching combination. You can teach yourself the havening and then let me guide you the rest of the way to success.

Your goal can't wait! Let's talk today.

HEALTHY LIFE PLANNING

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