



UNSHAKEABLE **YOU**

*How to Self-Regulate During Life's
Challenging Moments*



KIDEST OM

**UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING
LIFE'S CHALLENGING MOMENTS**

Unshakeable You:

How to Self-Regulate During Life's Challenging Moments

IN-Powerment™ Series

Kidest OM

Kidest OM

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

All rights reserved—copyright © by Kidest OM, Infinite-Life.Com 2020.

No part of this book shall be reproduced, stored in a retrieval system, or transmitted by any means – electronic, mechanical, photocopying, recording, or otherwise – without written permission from the author.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING
LIFE’S CHALLENGING MOMENTS

Contents

About the IN-Powerment™ Series 5

Overview 6

Self-Awareness & Self-Regulation 7

 The Stories You are Making Up 11

 Questions to Promote Self-Awareness 15

 Journaling for Self-Awareness 18

 Summary 19

Breathing, Grounding, and Movement 20

 Conscious Breathing 22

 Conscious Grounding 24

 Conscious Physical Movement 27

Reminding Yourself Crisis is Temporary 29

Remembering the Bigger Picture 31

Author’s Note 35

About Kidest OM 36

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

About the IN-Powerment™ Series

The IN-Powerment™ Series is a series of short tips, tools, and guides to support you in your deliberate creation and life mastery efforts. Small doses of guidance are sometimes all you need to reset yourself and get back on track to your highest and best. As a coach in practice for over ten years, I've come to notice that it at times only takes a sentence or two to get a client back on track and again to feel in harmony and alignment with their desired end. You've probably experienced this yourself, where sometimes you just read a quote, and you feel the relief instantly, you feel the tension leave your body as you once again remember your interior power, your magic, your resourcefulness, your connectedness, your wholeness, your magnetic nature and all the rest that makes you the creative powerhouse that you are.

This series of tools, tips, and guides aim to do the same for you. It's a version of a coaching session "in a box" on essential principles in deliberate creation and life mastery. By engaging with these short digital resources packed with information, you allow yourself to reset and get back on track, relax, and get back into alignment with your highest and best possibilities for life. You can use these anytime and as many times as you need, and each time, you'll get something out of them.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Overview

Change and challenges are part of life. They are a part of a growing and evolving Universe. There is no escaping crisis and chaos. They will cyclically emerge to help forms of life move onto what's next on the multilayered evolutionary journey we're all on. As life would have it, you have everything you need to thrive during life's challenging moments. By design, you have the inner mechanisms you need to stay unshakeable when life shakes things up all around you.

Life has already neurologically, physiologically, and energetically equipped you with what you need to steer and navigate yourself through these moments of change and transformation. Psychologically, emotionally, and physiologically you are wired and configured to thrive by applying these internal skills and abilities. Just as trees that remain standing steady and tall amidst stormy weather, you have the internal resources you need to be unmovable when the storms of chaos swirl around you. You came into life pre-coded with these abilities. Life prepared you before you were born, and life beckons you to tap into and use these skills so you can experience the real power of your magnificent being.

“Unshakeable You: How to Self-Regulate During Life's Challenging Moments” offers you reminders on just a few of these internal skills. These aren't skills you have to go anywhere else to get. These are skills that you pull from your own being. You only have to go within and commit to engaging with yourself to strengthen and deepen these natural abilities.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Self-Awareness & Self-Regulation



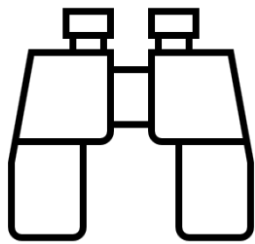
Self-regulation is your ability to keep yourself in emotional and psychological states that support your growth, your forward movement, and your sense of having power, impact, and influence in your life and environment. Regardless of what's going on in your environment, you have the innate ability to direct the psychological and emotional content that surfaces or arises within you into energy forms that better support your ability to thrive and not just survive. Being able to control what your mind focuses on internally and externally is a skill you can learn and strengthen. How your mind focuses on a thought or an external situation, what narratives your mind forms, and what expectations and projections it creates are all within your realm of control. Being able to move yourself out of emotional states that disempower you is a skill you can master.

You are bigger than any emotion that can ever arise in your being.

You are more powerful than any mental pattern that can arise in your awareness.

Within your own nervous system, you have full authority on what patterns of thinking and feeling you will and will not allow to circulate and take over. That's an ability you have a right and a duty to exercise. Why? Because you're the one in power.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS



Self-regulation starts with self-awareness. Self-awareness is your ability to objectively and carefully look at your internal processes. Self-awareness begins when you consciously take inventory of what content is arising and circulating in your inner space. To thrive during any challenge that's coming up in your life, you have to engage your skills of self-

awareness. Every day you take stock of what energies are moving through you and how those energies are moving through you. A thought isn't just a thought when you're engaged with it. An emotion isn't just an emotion when you are being overtaken by it. Your creative forces manifest themselves in the thoughts and emotions you identify with. You are the fueling accelerant of your experience. Your attention, engagement, and buy-in on the psychological material arising within you determine how you move through your moments. You have this magnificent ability to look inward with the same intensity and focus you look outward with. When you engage this ability, you take the reins to resonantly ride the waves of your life back into your own capable hands.

The first stop on your self-awareness journey when facing a challenge is to take the time to understand what your typical response patterns are in



times of stress. Fight, flight, and freeze are the pre-programmed stress responses, and everyone has a unique way of activating these responses in particular situations. Fight patterns include aggressiveness, antagonistic behaviors, bullying behaviors, emotional over-activity, or outbursts. Attack thoughts like criticism, blame, and ridicule, whether self-directed or directed at others, have their basis in fight patterns. Flight patterns can

include avoidance, denial, hiding, self-exclusion or isolation, withdrawing, or retreating into yourself. Ignoring phone calls or cancelling plans, for

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

instance, would have their basis in flight patterns. Freeze patterns (e.g., “playing dead”) can include going numb, fainting or going unconscious, being unable to act or take action, and procrastination. There are several ways you can express fear-fuelled stress responses.

Awareness is the starting point of all transformation.

You have a unique way of responding to stress and challenge that is all your own, and getting to know what that is for you is vital. You may have learned it from your caregivers and peers early on, but you’ve made it your recipe as you’ve gone from one experience to the next, from one challenge to the next. You have a unique way of responding to long lines at the store or long wait times on the phone. You have a unique way of interpreting traffic jams or running late for an urgent appointment. You have your way of reacting to a local or global crisis. Take a look at the different stressors in your life, and notice how you relate to them and what types of internal strategies you activate to deal with them.

Knowing what’s going on inside of you, knowing what thoughts, emotions, memories, and behavioral habits get stirred up in stressful situations will help you navigate your inner space and come back to the present moment, to your body, and a consciously regulated mindset. Knowing your pattern in any context, knowing your unique set of response and coping strategies, will help you fine-tune or transcend your existing patterns. The key is to know how it manifests for you and to create that recognition that that’s your pattern. In having the awareness that you are in your stress response state, in understanding your stress response states’ quality, you’ll give yourself the opening to self-regulate. Awareness is the starting point of all transformation. The more you understand yourself, the more you understand how you operate in stressful contexts and environments, the more you will equip yourself with the tools and resources you need to return to more optimal and resourceful states of being.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Stress response states are not meant to continually run through your nervous system. Their design and function are to be transient responses that subside and allow you to return to more relaxed states of being. It's in the more relaxed states of being that your body and mind find renewal. You're not meant to be on constant alert for threat. Your more optimal states, the states that allow you to grow and thrive, are found out of the hypervigilant focus of your survival centers. Do you know when eureka moments occur? Do you know when those leaps in understanding that change the course of human history and civilization occur? These moments of transcendental inspiration arise when you're relaxed. When a stressful situation is ongoing, then you have to do the work of returning your psychology and physiology to rest. This ability to self-regulate will allow you to keep moving forward and make the choices that will help you rebound from the impact of stress quickly. Your health and sense of well-being, alongside your innate ability to thrive, are based in your ability to return to the restful and renewing states of being, so daily self-regulation practices are a must.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

The Stories You are Making Up



Anytime there is a challenge or a level of external uncertainty where you don't have enough information on what will happen or how it will happen, your mind will try to fill in the gap in knowledge by making up stories. It will fill in that empty space of the unknown with images and projections. You'll get a lot of "what if this happens" and "I think this is how it's going to go"

types of thoughts. These thoughts aren't based on any kind of facts or objective data. They are hypotheses, formulations from your mind based on limited and often cloudy interpretations of the situation in front of you. More often than not, these mental fabrications should be wholly dismissed and discarded.

There is also the mental tendency to focus on uncomfortable scenarios while projecting a continuation of whatever is making you uncomfortable. Rather than focusing on positive possibilities that mean the resolution of your current challenge, your mind comes up with how this uncomfortable situation will go on forever. Instead of thoughts of "I wonder how this will work itself out" or "maybe this thing will come to a resonant conclusion today," your mind generates and stacks one dire possibility after another. It creates an emotionally charged and usually painful story about how hard or difficult things are and will continue to be. In any given moment, you have just two channels of focus, two pathways of thought in which to flow your attention.

You can focus on:

- (+) (1) what's going right, what you already have, what's going well, what's working great, or

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS



- (2) what's not working, what's missing, what's being difficult, what's being challenging.

Check-in with yourself on what predominately preoccupies you. Do you focus on the presence of things or their absence? Do you focus on what's adding to your life or what you perceive as negation? You can easily focus on what you already have when your basic physiological and safety needs are met (having air, water, access to food, a roof over your head, sleep, and clothing to keep yourself at the right temperature). In consciously focusing on what you already have, you are engaging in self-regulation. In this case, you're engaging in cognitive self-control. You can acknowledge the challenge in front of you without letting it hijack your entire perspective. You can keep aware of what's working and how well it's working while addressing the new problem. It is, in fact, this balance of thinking, where what's flowing has most of your attention, that will give you the fuel and energy you need to work your way through the new challenge or problem.

Letting your mind run with a negative story is an exercise in disowning your seat of authorship. You are the primary storyteller within your nervous system. You are the sole meaning maker within your neurology and physiology. You must fully own and occupy that seat. An unregulated mind was never meant to run the show. The information you accept from the environment and the information you generate within yourself through the interpretations you form are all accessible to your conscious awareness. You have the innate mechanisms of internal cognitive control already in place. You can veto any internal and external data. You can grant and deny entry to any stream of information consciously and deliberately.

The stories you make-up today will determine the decisions you make tomorrow.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

The stories you make-up today will determine the decisions you make tomorrow. The internal narrative you generate and perpetuate, evoke your emotional responses. If your emotional responses are constructive and life-affirming, you're keeping yourself in the relaxed states of mind and body that are conducive to rational thinking, strategic problem solving, effective decision-making, and a long list of higher mental functions. Relaxed states give you more neurological access to higher brain functions. If your emotional responses are life-protective (aka "negative"), you're keeping yourself in the stress response states that will reduce your cognitive operations to focus mostly on meeting your perceived or projected survival needs.

Perpetuating a negative internal narrative is the choice to be ineffective. Negative internal narratives, negative internal stories, deplete, and diffuse your creative power. They eat up your energy wastefully. They wrap your energy up in maintaining the physiological and psychological tension that keeps you down, that keeps you low in internal power. They make it hard to get up and keep going. They make it difficult to breathe and circulate inspiration within yourself.

Cognitive self-control is a skill.

Growth and thriving employ different sets of internal processes than protection and survival. To stay mentally in the protective survival processes is to make it psychologically and physiologically difficult for yourself to face the challenge in front of you. Resilience doesn't happen magically. It takes deliberately engaging the mental and physiological processes that keep you moving forward until that skill becomes an unconscious habit. Cognitive self-control is a skill. Through self-awareness, through practicing your ability to turn your attention around to focus on your interior space, you can interrupt any negative stories you're making up and create more optimistic or life-affirming thinking cycles. You can wire yourself to maintain a growth mindset amidst challenging situations. You can ask yourself, "hey, what

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

stories did I make up today” to ignite your power of self-awareness. You can create an internal policy that says you require your mind to generate a better story when you notice your mind offering you disempowering ones.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Questions to Promote Self-Awareness

1. What am I like when I'm under stress?

2. How am I feeling today? How strongly am I feeling it?

Identify and name your emotions. You can use a tool like the feelings wheel (which you can find on the internet) if you need help pinpointing the emotions surfacing within you. There are thousands of emotions, the nuances between them differing in the intensity of the feeling you're experiencing.

Take note of the intensity of the emotions you're feeling. If you're feeling embarrassed, see if you can quantify that for yourself. Check to see how embarrassed you feel, if it's a little or a lot. There is a difference between slight embarrassment and utter mortification. So, you want to discern where you are on the spectrum of emotions that you feel. This cultivates emotional self-awareness giving you a deep understanding of your feeling self. It is engaging with your feeling self like this that will help you connect to your emotional experience. Often it is ignoring your emotional involvement at the moment that ends up amplifying the impact of the stressors in your life. You're emotionally involved with your experiences. It is processing your emotions in real-time, allowing your feeling self to fully surface and be seen and felt, that keeps energy moving, and that is the ultimate goal.

3. Was there anything that triggered me, that made me hold my breath, that stressed me out even if it was momentarily?

The things that push your buttons are incredible opportunities to help you access more of your power and create more integration between your conscious and non-conscious spheres of mind. The things that

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

trigger you bring with them the opportunity to dissolve or resolve some old memory, faulty belief, or wound stored in your unconscious. The more out of proportion your emotional reaction is to a situation, the more energy there is for you to unpack and resolve. Bringing conscious awareness to the things that trigger you will help you get started on the process of integration, which ultimately is a return to more wholeness.

4. How do I feel in my body? Am I holding any tension or tightness anywhere?

Take stock of the sensations in your body. Do a body scan with your awareness. Check all of your joints, going from your ankles, to your knees, to your hips, to your wrists, elbows, and shoulders. Check your jaw and forehead. Scan your back. Do a full-body assessment with your awareness. You can use your hands to guide your awareness if you need to by placing your hand on the area you want to focus on. Your body will always tell you the truth. Your mind may chirp with “I’m fine” when you check in with yourself, but doing a body scan will let you know if this is true.

5. What’s going through my mind, and how much do I believe these thoughts? What stories did I make up today?

The mind is a thought generator, but not every thought generated is a thought you need to believe. Through awareness, you can strengthen your ability to be a deliberate thinker, consciously choosing which currents of thought you will give validity to and which you will dismiss. This is the power of conscious focus. You have the direct ability to shape your mind. A positive mind is built from the inside, through deliberate attentiveness on your part. Mental over-activity is one of the leading causes of amplified stress. When thoughts are allowed to carry on

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

perpetuating some negative narrative, the body can't help but remain in a stress response state.

6. What actions did I take today? Was there anything that stopped me from taking action or completing tasks on my plate?

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Journaling for Self-Awareness

One exercise I encourage my coaching clients to engage in regularly is to do what I call a “brain dump.” Get all of your thoughts and emotions out of your mind and onto a tangible medium. You can use a piece of paper, a notebook, a document on your computer, or a voice or video recording. Simply let out what’s going on inside of you. Share it with yourself. Verbally or vocally express everything running through your mind without judgement. Simply let the stream of consciousness flow out onto your document or journaling book, or recording device of choice.

You create mental alignment and re-alignment through conscious attention to your internal narratives.

The goal of journaling is to articulate your personal thoughts and feelings about whatever is going on in your life. What you’re thinking about the situations, people, and events in your life, and how you’re feeling about the situations, people, and events in your life is an ongoing internal story that often needs conscious redirection or intervention. You create mental alignment and re-alignment through conscious attention to your internal narratives. Getting your internal material out in this way brings all the background chatter into your conscious awareness. There is a lot of background chatter responsible for the points of psychological and physical tension you experience throughout the day. Many of the “what if this means this” interpretations arising quickly as background mental chatter are responsible for most of the mental and physical tension you experience. This kind of thinking escapes your in the moment attention because it’s arising as you’re engaged in other activities. Non-conscious processes happen very quickly. You have to dedicate some time to let your stream of consciousness just flow out. It’s active and objective engagement with your stream of consciousness that will deepen the level of self-awareness you bring into your interior or inner space, which will, in turn, strengthen your ability to self-regulate.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Once you've done your "brain dump," you can then bring objective awareness to what's going on within you. Again there is no judgement that you bring to this process. Bring curiosity and self-understanding. Recognize and acknowledge that you're doing the best that you can. Imagine how you would engage with a loved one for a moment and bring a deep level of compassionate attentiveness to this process. You're being there for yourself and giving yourself space to objectively sort through your inner material.

Summary

To summarize, there are three activities you can do to kick off your self-regulation practice:

- 1) Daily create the recognition that you're making up stories to fill in any gaps in knowledge you have in your life.
- 2) Daily engage with questions that promote self-awareness.
- 3) Journal regularly to have active and objective access to your mental chatter.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Breathing, Grounding, and Movement

Internal distress is brought on by the survival-focused overactive or hyperactive mind. When the mental interpretations created from facing the challenging situation continue to be fueled by fear-based emotional currents, the anticipation of negative experiences and the drive to stay prepared to face them only continue to prolong the stress response.

When there are environmental stressors active, survival and life-protective programs kick into gear. This part is natural and necessary. It's what alerts you that there is a potential danger in your environment. The preparation to face the perceived danger elevates the circulation of stress hormones in the body. Your constantly scanning survival system, a multi-system process, gets engaged. This incredibly intelligent multi-system process involves the activation of several survival-ensuring responses within your physiology and specific brain circuits. However, the primal objective of these processes is your physical survival. Your access to your creative and expansive systems, like your imagination, your visionary big-picture processes, your access to higher insights and inspiration, your broader intelligence processes of reason, and self-reflection are limited in their activation. Where overwhelm happens is when these systems are not brought back into deactivation. Prolonged disconnection from your higher processes is not the intended outcome of your survival mechanisms. Unregulated, the result of these systems remaining active is increased tension in the body and mental hypervigilance that continues to flood the body with more stress hormones. These natural life-protective processes are extended when the mind isn't able to get back to its center. Overthinking, distractibility, lack of focus, emotional breakdowns, and instinctual defensiveness all indicate that the mind isn't finding its anchor. This is something you can correct.

The combination of all of these internal survival activities can be regulated through conscious breathing, conscious grounding, and conscious movement. These three activities of breath, grounding, and movement help

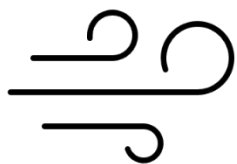
UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE’S CHALLENGING MOMENTS

to anchor the mind in a solid container while productively dispelling the excess energy. These practices reliably help to deactivate the life-protective processes. Once you’ve been alerted to potential danger in your environment, you don’t need to keep getting the alert signals. The message has been received. You know there is a challenge in front of you. You don’t need to have your internal alarm system keep sounding. You’ve received the information, now you can get back to responding to your life in constructive, empowering, and life-affirming ways.

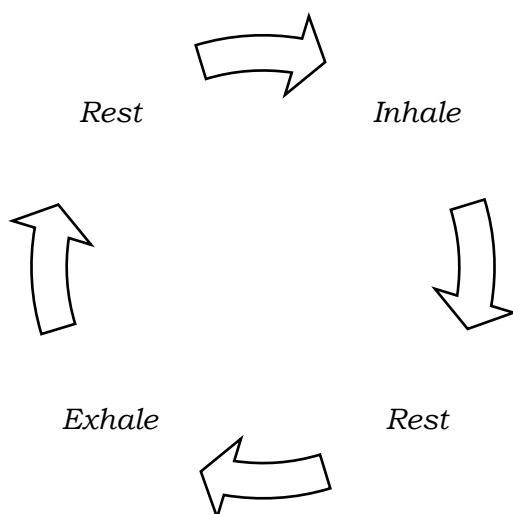
Conscious Breathing	<i>Intentionally moving air in and out of your body.</i>
Conscious Grounding	<i>Intentionally inhabiting your body fully.</i>
Conscious Physical Movement	<i>Intentionally engaging in physical movement.</i>

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

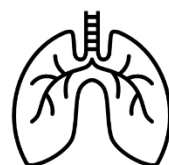
Conscious Breathing



Breath is restorative. The more oxygen you focus on bringing into your body, the more you'll find your mind settling down. Firstly, focusing on the movement of air into and out of your body refocuses your attention. It reclaims the attention that was being taken up by excessive thinking. A change to where your attention is focused is a change to where energy is being directed. Focusing on your breath returns energy into the body, which is a key part of self-regulation. Secondly, engaging in slow, conscious breathing communicates to your brain that you are now in a relaxed state. You breathe slowly when you are relaxing, so consciously engaging in slow breathing tells your brain that you are no longer in a stress response state. The stress response processes of fast breathing, increased heart rate, and high blood pressure all subside as you do this.



Five conscious breaths are, at times, all it takes to get back to your center. You can do this at any time and anywhere. Whether you're in your workspace or with your family, or out on a walk, breathing consciously is something you can take a quick moment to



UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

yourself to do. The conscious breathing exercise is simple. You take in air through your nose for a count of four, you hold for a count of four, and then you exhale through your mouth for a count of four. You do this five times and assess how you feel. The more you do conscious breathing work, the more you'll find yourself naturally taking the time you need to breathe when stressful situations arise.

You must equip yourself with the tested and true self-regulation strategies out there and put them to use. Remind yourself of all the benefits that conscious breathing can bring into your moment and put it to practice. It can change your brain waves by moving you into the more receptive and calmer waves of alpha and theta, it can stop excessive thinking, it can slow down your heart rate, and it can normalize your blood pressure. It can bring you into precisely the states of psychology and physiology that make it easier to access your higher levels of awareness and intelligence. From there, using your creative problem-solving abilities, using your imagination, accessing your intuition, and receiving inspiration all become possible.



UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Conscious Grounding



Grounding is a crucial practice regardless of what you have going on in your life. Grounding is inhabiting your body and allowing yourself to fully and consciously connect to the ground you stand on. Being fully present to the moment and in the moment requires that you are grounded, that you are out of mental over-activity, and fully situated in your body. Connecting to the soles of your feet, connecting to the Earth around you, connecting fully to the present moment make more energy available to you to channel into your life's creative activities. When you spend your moments only partially aware of where you are and distractedly engaged in what you're doing, you miss out on access to some vital information and solutions. Stress response states narrow your awareness so that you are only focused on survival specific bits of information. Grounding expands your awareness, so you are looking at the full picture and the wide range of options available to you in a given moment. If you want to solve your problem, start first by getting grounded. You'll notice more details in your environment and be receptive to a broader bandwidth of information.



Modern life's busyness means most people are spending a lot of their energy by remaining in a state of constant mental activity. Watching the news, reading up on your friends and family posts on social media, participating in one meeting after the next, streaming endless content on the internet are all activities that engage the mind at various levels. If your career involves sitting in front of a computer, that's more mind activity. These types of events create excess above the neck activity. Unless your day job involves daily guiding people on hikes through national parks, most likely the amount of time you feel



UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

present and connected to the natural world around you is dependent on how much conscious time you put toward such activity.

Conscious grounding, like conscious breathing, accomplishes the same tasks of soothing you out of the stress response state and reconnecting you to the reality of the present moment. Conscious grounding moves you out of mental projections and into the tangible facts of the moment at hand. Take the simple task of paying attention to the soles of your feet for a moment. Feel the sensations at the bottom of your feet and notice what happens to the quality of your awareness. The time you take to pay attention to the soles of your feet creates a subtle arising of full-body awareness. This redirection of your attention to the “bottom” of your being ensures you are fully embodying your energy, fully anchoring the whole of who you are in your body, rather than expending your presence solely on mental activity. This again helps your body get back into balance, and your mind finds a solid anchor point in the present moment. You can't be grounded and feeling spacy at the same time. You can't be established fully in your body and over-thinking something at the same time. You can't be inhabiting your body with your full awareness and experience confusion at the same time. Grounding alleviates excess mentation. Grounding naturally roots you into the present moment and allows an inner calm to emerge. Inner calm always resides in the present moment. This flowering of internal quietness in your awareness is more indication of how you've changed your brain waves, restored your heart rate to a normal range, and have self-regulated yourself back into more optimal states of being.

You can use conscious breathing to help you move fully into your body. You can also use visualizations and affirmations to help anchor your mind. You can visualize your legs and feet as roots and see yourself extending these roots into the ground. You can visualize the roots of trees and stay with that image to get a sense of being rooted on the spot. You can see yourself standing in the middle of a dense forest and connect to the solidity of presence nature so easily offers. Whatever practice works best

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

for you, the goal is to reside in the feeling of fully inhabiting your whole body.

I am safe.

It is safe for me to be here.

The Earth Supports me.

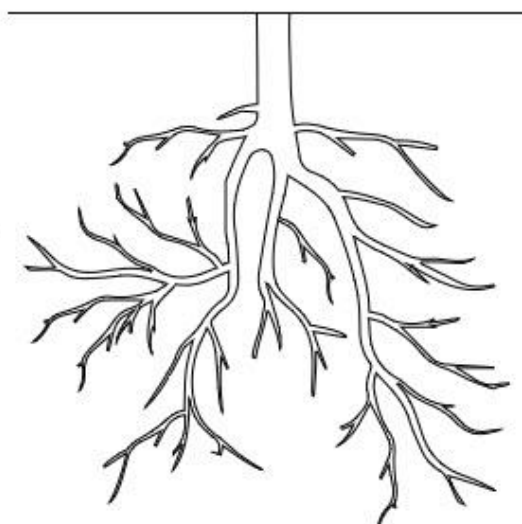
The Earth meets my needs.

I have inner security.

I deeply connect to the grounding frequencies of the Earth.

I fully connect with my body.

I am fully established in my body.



I dig deep into the Earth and form a strong root support.

I have a strong foundation.

My strong roots plug me into the larger planetary root system.

I have a strong sense of presence.

I am calm and secure.

I am present in the Here and Now.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Conscious Physical Movement



Physical movement in the forms of yoga, dance, or fitness activities is an incredible way to regulate yourself. Mindfully engaging in any physical activity gets you to concentrate your energy and attention in the present moment. You're focused on the yoga pose, or the feel of stretching, or the feel of exercising your various muscle groups. That shifted focus naturally moves you out of the stress response states. Instead of your attention being wrapped up in anxious or fearful thinking patterns, you're engaged in an activity that is productive and beneficial. The benefit of conscious movement is manifold. In addition to the shift in focus, you also tangibly move energy. You release stagnant energy. You release emotional packets that were trapped in your muscles and connective tissues. You help your physical body open to more space, and you initiate a detox process that starts to clear out the excess stress hormones circulating in your system. You change your biochemistry in a short duration of focused conscious physical movement. This naturally elevates your mood and promotes more restful states.



Conscious physical movement also promotes a deeper awareness of your body. Through your intentionally focused movements, you cultivate a deeper connection with your various muscle groups and overall physical system. You learn to inhabit the space within your body with your awareness. You learn to distinguish between what your body feels like when it's energized, when it's spacious, when it is free of tension, versus what your body feels like when it is holding unprocessed emotions or is holding muscle tension. You learn to release tension before it turns into an ache or something more painful. Your self-



UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

awareness expands to include physical self-awareness, mental self-awareness, and emotional self-awareness. Conscious physical movement allows you to experience yourself holistically, without ignoring or dismissing the value of all the different levels of being that make you up.

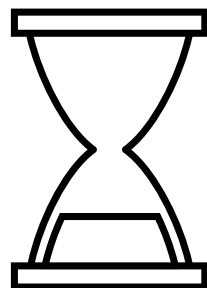
Committing to a practice of conscious physical movement that you engage in daily is a must. Your physical body is a storehouse of ancient wisdom and valuable information on your overall state of well-being. Your body communicates with you through unmistakable sensations that you can learn to understand through deepening your physical self-awareness. The more you tune into your body through conscious physical movement, the more you will deepen your wisdom and learn to access a well-rounded state of self-awareness. To know yourself physically, having the ability to move your awareness into any part of your body to engage with and assess what's there, is to connect to a powerful level of presence. The more of your body you can consciously occupy, the more expanded your presence will be in your world.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Reminding Yourself Crisis is Temporary

Challenging situations, stressful situations have an end. While immersed in a stressful situation, it can be easy to forget that what you're experiencing is temporary. It is something that will come to an end. The problematic situation will pass, and it will, at some point, come to be a memory that lives in the distant past for you.

Consciously reminding yourself that any crisis is temporary will help you in your self-regulation efforts. Knowing that you will survive it, knowing that you will work your way through it and that you will put it behind you when it's done, helps you keep perspective.



“this is temporary, and it will pass”

You can engage in many different practices to consciously integrate the perspective that any crisis you face is temporary. You can do tapping, where you tap on specific meridian points, or use eye movement therapy to reach your non-conscious brain circuits and communicate that this situation has an end. Whether you use something like tapping or eye movement therapy, saying things like “this is temporary, and it will pass” repeatedly to yourself will help you reach the part of your nervous system that doesn't have that knowledge. Try it for a moment. Call to mind whatever challenge you're facing right now. While tapping below your collarbone at the top of your chest, say to yourself, “this situation is temporary, and it will pass. It will be behind me.” Repeat that ten to fifteen times and see how you feel.

Your unconscious doesn't always have access to your conscious understanding. While intellectually, you know that situations are temporary, there is a larger part of your unconscious that doesn't evaluate or view any part of reality as temporary. Stress and distress are generated by parts of your neuro-physiological circuits that don't have access to pictures of a future moment that are different than what the present moment looks like.

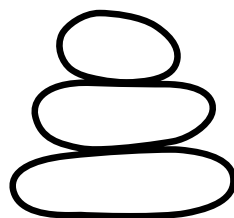
UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

You can give these parts of your being a new picture and, in so doing, create relief.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Remembering the Bigger Picture

You can take yourself through a step by step practice of remembrance to regulate yourself back and connect to a broader picture of where you are. In that narrowing of focus and attention that happens when you're in stress response states, you end up forgetting a lot of the comforting and nourishing parts about life. To expand your awareness back into noticing the totality of life, filled with its blessings and abundance along with the crisis and challenges, you can go through the following reframes.



1. You can remember that you have your existence in a mathematically precise Universe. An ancient expanse of vast intelligence that has been evolving life forms and forming universes for eons. You can remember that it is this intelligence that is operating in your life 24/7. You can remember that the information, resources, and connections you need will show up when you need them. You can remember to trust your life and return to the knowledge that you are a part of a supportive and loving cosmic framework.
2. You can remember the synchronicity and apparent coincidences you've already lived through to call forward your knowledge that invisible forces are always at work in your life. A higher intelligence orchestrates the phone call that came at the right time or the idea that struck your awareness to change your life. You can remember that you always have unseen support, and the winds of such resources are circulating in your life at this very moment.
3. You can remember your personal big picture. You can remember what vision you have for yourself and your life. You can revisit your dream and reconnect to that feeling of having dreams of all sizes. You can let your imagination flow and soar again, re-engaging the invigorating currents of your higher mental functions.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

4. You can remember that you have the power to set new intentions. You can take whatever learning is emerging for you from the contrast you've lived through or are living through to create new intentions, to intend for new outcomes and new experiences. You can remember to engage in a conscious process of defining new experiences for yourself. You can remember that you have cocreative power in the Universe.
5. You can remember to trust your body's wisdom. You can remember that your physical being contains millions of years of evolutionary wisdom within every cell. You can remember to trust your body to tell you when to keep plugging away and when to take a rest.
6. You can remember to consciously engage in the process of releasing, letting go, and forgiving, forgiving both yourself and others. You can remember that what helps you keep moving forward is not taking any baggage from experiences already had into new moments. You can remember to let what has already come to pass, stay far behind you in the past.
7. You can remember to look at everything you've already overcome. You can remember to pause to acknowledge all that you've already lived and how you've met and bested challenges in your past. You can remember to look at all you've already accomplished and fully tap into your inner achiever.
8. You can remember that you are the storyteller of your every moment. You can remember that you have the choice to tell a beautiful story, to reframe your narrative into a harmonious symphony that feels good to you on every level. You are the meaning maker of your moments, and you get to define and refine the story you generate within yourself.
9. You can remember the power there is in feeling your feelings. You can remember the power of flow that emerges when you allow your feeling self to emerge fully. You can remember that you can process

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

any flow of emotion and that you are bigger than any emotion that arises.

10. You can remember to reach for and lean on your healthy relationships. You can remember that you have social and relational support and reach for those connections. You can remember that you are loved on many levels. You can extend your love and support to those around you and be nourished by the power of giving your love.
11. You can remember the power of your inner child, the magic of bringing as much play and humor as you can into your moment. You can remember the power of joy and laughter.
12. You can remember that you already have deep inner wisdom to guide you into making wise choices.
13. You can remember to choose to see your challenges as an adventure.
14. You can remember to know that you can do this. You can remember to have confidence and trust in yourself. You can remember that you are the authority of your mind and that the power to transform and transcend is within you.
15. You can remember that you have the power to soar higher than any adversity, that you can choose to stay aligned to a higher purpose and a higher vision, and let those commitments take you into a higher perspective.
16. You can remember that you have strategic thinking on your side, that you have the power to ask questions that help you progress forward, that your path forward can be experienced through planning.
17. You can remember the power of the natural world all around you and the gifts they contain. You can remember that you can access renewal and rejuvenation by connecting to nature, to the trees, animals, and oceans in your reach. You can remember just how much presence the natural world gifts you with every day.
18. You can remember that you have the total power to shatter your illusions of self-limitation, your stories of not being capable or not

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

being enough. You can remember that you are bigger than your mind and any stories of self-limitation within it.

19. You can remember to recognize crisis as an opportunity. You can remember that chaos and flux are opportunities to form and shape yourself in new ways.
20. You can remember the powerhouse of light at the center of your being. You can remember to choose to shine brightly, to let your radiance come through, and be expressed fully.

In your remembrance of the bigger picture and the bigger self you are, you'll relax once again into your full presence and into the full vitality of the present moment. Through remembrance, you can welcome yourself back into your unshakeable center.

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

Author's Note

Dear Reader,

Thank you for reading! May the ideas and guidance in this short series help you to access or reaffirm the wisdom and understanding already within you. My intention with all my work is to support and reinforce your knowledge of your power and to remind you of just how cosmically blessed, connected, and loved you are. The basis of all that we are is a love that is powerful and a power that is loving.

If you enjoyed this book, please post a short review on Amazon. Reviews from readers like you help others in need of these reminders connect to my work so that they too find the help, support, and reinforcement they need in their own empowerment and transformation journey.

Thank you again for joining me in catching up to our collective expansion. I and all those on this path appreciate and benefit from your efforts.

Infinite Blessings to you in all that you are and all that you do.

With great love and gratitude,

Kidest OM

p.s. For ongoing reminders on your power and potential, connect to my social media channels @KidestOm (Facebook, Instagram, Youtube, TikTok). I post reminders, insights, and larger content to help individuals worldwide connect to and expand their sense of power.

Kidest OM

UNSHAKEABLE YOU: HOW TO SELF-REGULATE DURING LIFE'S CHALLENGING MOMENTS

About Kidest OM

Kidest OM is the author of many books on the primacy of consciousness and deliberate creation, including “Nothing in the Way: Clearing the Paths to Success and Fulfilment” and “Anything You Want.” Kidest grew up in Ethiopia and moved to Canada with her family when she was ten. She graduated from University with a degree in Psychology and Criminology and worked in the mental health field for five years before writing her first book. During this period, Kidest began studying New Thought and Eastern Esoteric teachings to expand her understanding of human consciousness. Through daily meditation, self-inquiry, and studies of nondual teachings, Kidest gained expansive insights on the nature of consciousness and reality that transformed her life.

Kidest transitioned away from the mental health field to work in the tech industry as a corporate executive. Alongside her corporate career, Kidest coached high-performing individuals from all over the world on the principles and processes of deliberate creation for over ten years. She now teaches and shares her comprehensive insights on the nature of consciousness and deliberate creation through videos and courses with a global audience.

Kidest lives in the Pacific Northwest and has dedicated herself to continue to inspire and empower humanity into expressing more empowered states of being. Kidest offers books, courses, and resources, to empower individuals to tap into their innate capacity to access and express exceedingly more harmonious, resonant, and congruent patterns of self, relationship, and reality.

To learn more, visit infinite-life.com.

For a full catalogue of books from Kidest OM, visit the Amazon store for your location: [United States](#) | [United Kingdom](#) | [Germany](#) | [France](#) | [Spain](#) | [Italy](#) | [Netherlands](#) | [Japan](#) | [Brazil](#) | [Canada](#) | [Mexico](#) | [Australia](#) | [India](#)

Kidest OM