

Practical ways to reduce anxiety and support attachment

(Abridged Keynotes)

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SAFE ADULTS - Why are some
children doing better than others?

Reading others!

Love without expectation...

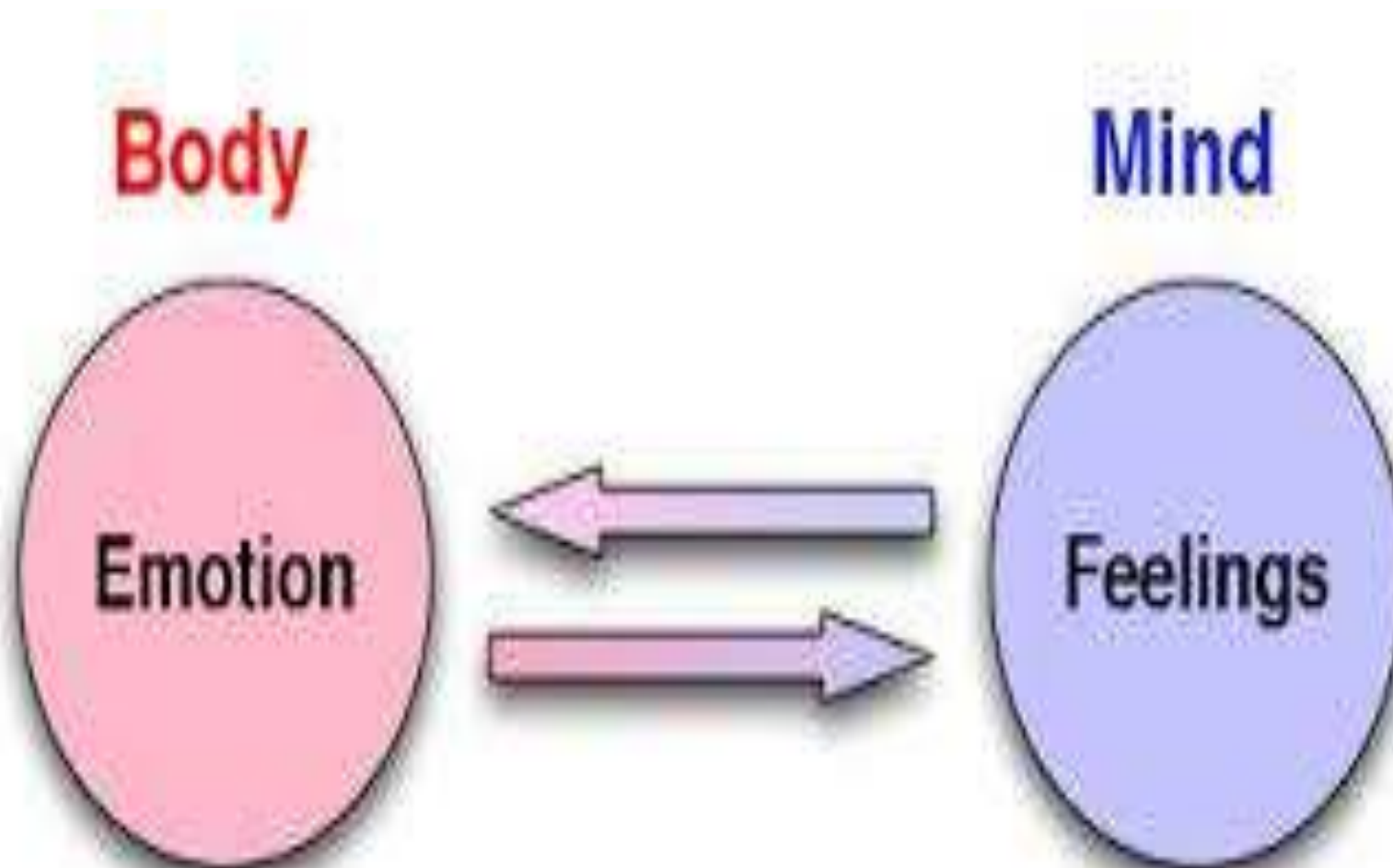
- The heart has its own complex nervous system.
- The heart sends far more information to the brain than the brain sends to the heart.
- The heart signals especially affect the brain centers involved in decision making, creativity and emotional experience.

How do we open our heart
energy? Breathe into your
heart...

Breathe



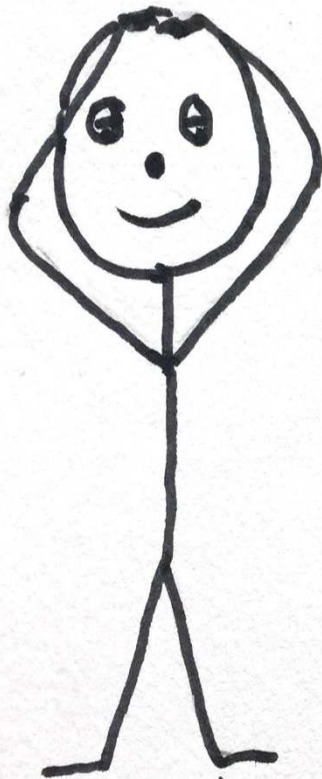
Notice rather than ignore!



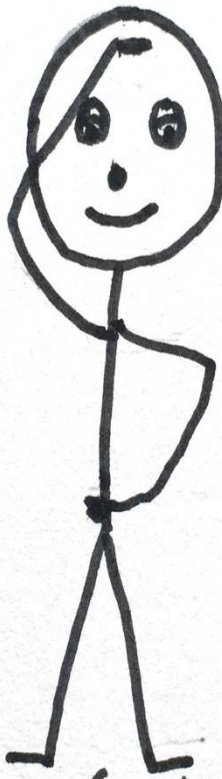
- Grounding
- Open up your Heart
- Smile
- Breath
- Hands

Body

2. Before You Leave Home



Hands on your head.
- Breathe -



Hand on forehead.
Hand on belly. - Breathe -



Wrap right hand round.
left hand onto right

1. Belly Breathing



Breathe slowly in through your nose.



Send the air down to your belly.



Breathe slowly out of your mouth. Let your belly go down. REPEAT!!

2. Hold Your Body



Wrap your right arm over your heart.



Bring your left hand up to your right shoulder. Breathe in.



Hold your body firmly. Breathe slowly out. REPEAT



3. Happy Baby

Leaning forward builds up tension & stress in the body. This makes the brain stressed too.



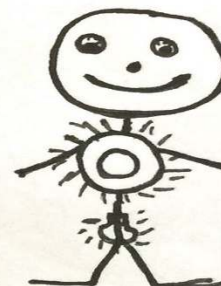
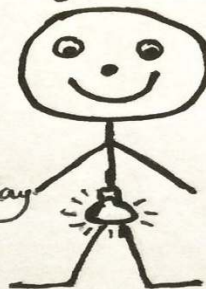
Lean SLIGHTLY back. Raise both arms. Open your chest & belly out. Breathe slowly IN → OUT. REPEAT

4. Smile!!

Stress = upper body fight/flight security spotlight on full beam.



Smile to switch on your rest & digest everyday light bulb.



You need both systems to be on most of the time

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