



1

STOP



- Stop what you are doing
- Clear your head by taking a deep breath
- Focus on your breathing

2

GROUND



- Feet on ground, align and balance posture
- Scan body for tension
- Relax and release tension

3

CENTER

- Mentally step back and ask "What's really happening?"
- Decide what's most important and what is most needed
- Choose the most helpful action to take

All high performance, in sports as well as business, is a function of performance states. Professionals often find their performance states adversely impacted by the stress of the workplace without any effective means to reduce and find relief from such stress. Recalibration Practice is a simple yet powerful stress management technique that professionals can use to optimize their performance. This practice is based upon the understanding that ideal performance states strike a balance between being over-energized on one extreme (e.g. anxiety or stress) or under-energized at the other extreme (e.g. fatigued or disengaged). We call this “centering the needle.”

1

STOP

The first step is designed to give you a deliberate pause, one long enough for you to suspend any “train of thought” or “reaction,” to clear your head, and gather your attention. The surprisingly simple yet effective way to accomplish this is to concentrate, briefly, on your breath.

- Say to yourself silently “Stop.” This is a cue to temporarily suspend the internal dialogue and mental activity.
- Inhale deeply. Concentrate fully on both the in breath and the out breath. (One or two breaths is usually sufficient, but you can extend this step for more breaths if you find it useful.)

2

GROUND

The second step involves bringing your attention to your physical body, relaxing tension, and adjusting your posture for maximum benefit.

- Say to yourself silently “Ground.”
- Plant your feet firmly on the floor, align and balance your posture.
- Continue to breathe deeply while scanning your body for any tension. Relax and release any tension you find by breathing into it.

3

CENTER

During the final step, you will mentally step back and take stock of what is really happening (inside and outside yourself), shift into a more resourceful state, and consciously choose your best response to the situation.

- Say to yourself silently “Center.”
- Mentally step back from the situation and look at it objectively, noticing what is actually happening on the inside (in terms of your thinking and feeling) and on the outside (other people, the environment, and the specific circumstances).
- Recognize the state that you are currently in and notice if you are “under-energized” or “over-energized” in terms of your ideal performance state for these circumstances. Decide what state would be better suited for this situation and intentionally shift into a more resourceful state. (Center the needle.)
- From this more resourceful state, select a response (or course of action). Mentally see your self successfully responding in that way, then take action.