

# Steve Pepper Training Associates

## Factsheet: Steps to using "Hook-ups" (A simple mind-body technique

taken from the field of Educational Kinesiology devised by Paul and Gail Dennison")

**Hook ups is a simple tool that can help people relax, de-stress and help with things like Phobias, Anxiety, Stress etc.**

The principles used to get your body and mind into this particular "**State**" are common across a lot of similar systems such as Yoga. Basically it uses deep breathing techniques to achieve this.

Before you start, think about something that stresses you out and calibrate it on a score of 1 to 10. (NB make it no more than about a 5 or 6 on a scale of 1 to 10

- 1/ Find a comfy chair and lay back crossing your feet at the ankles.
- 2/ Put your arms straight out in front of you and turn your hands so the backs are facing each other.
- 3 /Cross your hands over so that the palms now face each other. Then interlock your fingers.
- 4/ Bring your hands to rest gently on your chest (you need to turn them inwards and upwards to do this).
- 5 /Close your eyes and start to breathe gently and slowly in and out.
- 6/ As you breathe in do so through your nose putting your tongue to the top of your mouth.
- 7/ When you breathe out do so using your mouth. All the time you should be aware of any sounds or physical changes that you can hear or that change your perception of what's happening to you. i.e. just "notice what you notice".
- 8/ Continue doing this for around 5 minutes and then gently bring your focus back into the room
- 9/ The last part of the process is to notice how you feel about the previously stressful situation now and to give it a new score out of ten.

### How it works (Sort of)

You will probably have "woken up" feeling pretty relaxed. This is similar to the state you get into just before you fall asleep or wake up. It sort of gets both sides of the brain in touch with each other and is good at helping your brain to put things in perspective and "problem solving" mode. People often use the term "**go sleep on it**" Well that's what's just happened.

The trick with putting the tongue on the roof of your mouth simply stops the sub-vocalisation that we all have during a busy day. If you try and listen to your 'inner-dialogue' with the tongue on the roof of your mouth, you can find that it tends to be much quieter. Doing this when you breathe in simply helps to clear the brain and make it less busy.

You can learn about this and other mind-body techniques for resilience, as I did, from Dr Henrie Lidiard at NLP in the North ( [www.nlpinthenorth.co.uk](http://www.nlpinthenorth.co.uk) ).

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