

2-minute exercise helps to regain balance when immersed in work

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Sometimes the work is overwhelming and makes you tired. However, no one else can help you solve them and they can't finish if you just sit there and "panic". *"Even if you are struggling with the fatigue of having to make decisions after a long day or a fear of failure that makes your heart beat faster, there is a quick way to help you get back on your mind and continue to do it. productivity"*. That's what Caroline Webb - **Sevenshift's CEO, senior consultant of McKinsey and former McKinsey partner** advised us. Her new book "*How to Have a Good Day*" brings the exercises she has learned in 16 years as a consultant. It includes a simple skill to **focus all emotions and thoughts** that you can practice in just a few minutes. Here's how to do the exercise:

1. Sit or stand in a position you are most comfortable with or move to a quiet place if necessary. Place your feet perpendicular to the floor and close your eyes or look down.
2. Focus your thoughts on 1 or all of the following: Take a deep breath slowly and slowly and exhale several times, focusing on how your stomach rises and falls; perform a full body scan of thoughts from the top of the head to the toes without thinking about how each part feels; Count down from 100 to 0.
3. Focus your attention on your thoughts. If your thoughts can't focus on anything, don't worry. Remember that it is normal behavior and try to focus again.



Webb wrote that if in the middle of the meeting a bad feeling appeared, you could try this technique in a different way, such as taking a deep breath twice or counting down from 10. She interviewed the founder of a joint. Digital marketing industry - she only revealed her name as Anthony - and this person told her that he often

