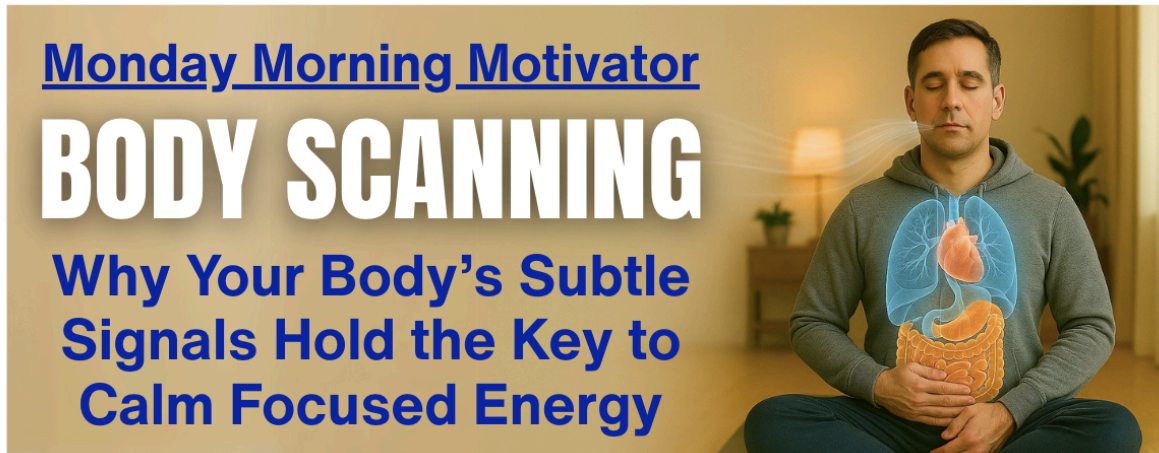


Subject: The Body Scanning Secret



Hi NAME

A few months ago, I noticed something odd during my workouts.

Some days I felt like a machine – focused, energised, and unstoppable.

I was like North London's answer to the Six Million Dollar Man... or The Terminator in a tracksuit.

On other days, I felt drained before the warm-up ended.

My legs were heavy... joints stiff... balance wonky...

I was more like C3PO from *Star Wars* than The Terminator.

All I really wanted to do was go home and have a nice sit down with a cup of coffee.

But what made the difference between these two opposite states of being?

Was it because of how I slept the night before?

What I'd eaten the previous day?

Or a case of mental overload from work and family stress?

Well, it turned out it was none of those things.

You see, I had a moment of realisation in the middle of a bad training session as I was struggling through an exercise which I usually found easy.

I realised that I was barely breathing.

I was taking shallow gulps of air that went only into the top of my lungs.

So I tried something different...

I started to take very deliberate, deep breaths, forcing the air to fill up both lungs to capacity.

Actually, you can try this yourself right now!

Draw your stomach in and keep your ribs down...

Then breathe through your nose very slowly and deeply.

You should feel the breath expanding your back (rather than puffing up your chest).

Now breathe out again (slowly) through your mouth.

Well, this is what I started doing, and it made all the difference.

By consciously trying to breathe deeper and longer I found that I could lift more, run longer and recover faster, with fewer aches and pains in my limbs.

And the benefits didn't stop there.

Because by doing this mindful breathing (known as diaphragmatic or deep abdominal breathing) before my sessions I reduced stress and anxiety, putting me in a more positive frame of mind... which made the workout easier and more productive!

And that got me thinking...

I wonder how many of my readers might benefit from this technique when it comes to building up stamina, energy and focus for major (and often daunting) home income projects?

So today I want to give you some practical ideas...

How to Benefit from Body Scanning

There's a concept known as 'Interoceptive awareness', which describes your ability to sense and interpret what's going on inside your body.

These include things like hunger, thirst, tension, heartbeat and breathing.

Sometimes you might become sharply aware of them when they hit extremes – for instance, hunger if you haven't eaten all day, or rapid heartbeat if someone leaps out and scares you.

But most of the time we ignore these internal signals that are constantly pulsing inside us.

We don't realise that we're breathing in a shallow way... or that we could really do with some water... or that our gut feels tight...

So we don't spot the early signs of anxiety, dehydration or stress.

Instead, we plough on with the day's challenges, wondering why we feel tired, lacklustre, distracted and unmotivated.

However, the better you become at noticing these signals, the more control you will gain over how you think, how you feel, and how you perform.

For example, 'body scanning' can help to:

- **Manage Stress** – you could spot physical signs like a clenched jaw, racing heart or tight stomach before you spiral into overwhelm.
- **Sharpen Your Focus** – you'll notice when your attention dips and find ways to reset your concentration levels.

- **Boost Your Energy** – you can avoid or overcome those horrible slumps in the day, and find a way to recover your strength and vigour when you need it.

The good news is, there are a few easy techniques you can use to spot your internal warning signals and regain control of your physical and mental state.

1. **Breathing**

Once or twice a day, pause and ask yourself: *“How am I breathing right now?”*

If it’s shallow or rushed, take 6 slow, deep breaths that fill up your lungs. Focus on the breath coming in through your nose, and control it as it leaves your mouth, trying to maintain a consistent flow.

This exercise instantly soothes your nervous system and helps sharpen your mind.

You should also do it before a big working session or at any point where you feel stressed during that session.

2. **Body Scan In Bed**

Lie down on the bed and get comfortable. Then start to mentally scan your body from your toes going all the way up to your head.

Do this slowly, little by little, and take note of any tension, tightness or aches. Don’t panic about these niggles, or leap to drastic conclusions (for any hypochondriacs out there!)

The idea is simply that by observing them you can spot your signals then use the breathing techniques I just mentioned to calm yourself,

You should find that this process helps you wind down, switch off the chatter in your brain, and sleep more deeply.

Or you can also try it during the daytime if you feel overwhelmed!

3. **Daily Triggers**

Choose a daily cue like opening your laptop, heading out the door for work or logging into social media.

When you do this thing, ask yourself: *“What’s happening in my body right now?”*

Consider all the physical aspects I’ve mentioned – breathing, heartbeat, tension in the muscles, aches and pains, tightness in the jaw, feelings of thirst or hunger.

Don’t try to fix anything yet. Just notice it.

Over time you’ll begin to see patterns where the physical response is linked to a certain activity.

For example, a tight chest feeling might always occur before a Zoom call.

You might notice that your stomach clenches just after scrolling social media.

Or perhaps your breathing gets shallow when you’re about to start something you find really challenging, like writing content or operating some design software.

Once you notice these triggers, then you can do something about them.

This turns your body into a useful early warning system!

Prioritise Your Body Over A Gadget

Of course, there are gadgets out there which have been designed to do all of this stuff for you.

Many smart watches and phone apps can give you automatic ‘biofeedback’ throughout the day and night.

For instance, I have an Oura ring that tracks my sleep patterns, activity levels, heart rate and all kinds of internal workings.

However, I think that it is much better to have a more direct awareness of your body through simple attention exercises.

One old school method is to start a daily journal, noting down your physical responses to different situations.

This way you can start to understand your internal warning system and map it onto the various activities and challenges you undertake each day.

Once you know the score, you can implement your favourite techniques for regaining control of your mind and body when you need to get important things done!

Then you might consider a gadget to help make it easier.

Anyway, if you try this, I'd be interested to know how you get on, so please do share your common triggers and any techniques that work for you!

Best regards

Nick