

# SLOW DOWN A GEAR

## MENTALLY STRONG & PHYSICAL FIT FOR THE JOB

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In principle, we all know how to do it. **How to achieve high performance every day and how to drive down again.** How to switch off and how to allocate your strength. Theoretically. In practice, that's more difficult. Fortunately we can learn.

Please open your agenda and look for the next possible free date. That's where you'll have a meeting. And with yourself. The topic of the meeting is yourself. Ask yourself how you really feel and answer honestly. Check if you are on the right course and satisfied and happy as you live and work right now. **You are your own CEO, the boss of yourself and your body. Only you alone have full responsibility for what happens to you and your strengths. Nobody else.**

The ideal location for such a meeting is nature. Personally, I always go to Zurich's local mountain, the Uetliberg. But it doesn't really matter where, most important outdoors, actively, when we walk or moving, the subconscious opens up and we can deal with ourselves honestly. And most importantly, you have to do it alone. Only yourself.

We basically know that we should be more in motion, that going to the limit is not good for body and mind in the long run and yet it is difficult for us to recover actively. No time, it's not necessary right now, it's going quite well - these are the excuses that all of us know. Until sleep disturbances creep in, the heart rate variability massively deteriorates or back and neck pain are our persistent companions, even if it's no longer so busy in business, you get up with the same thought that you've already fallen asleep with and that's permanently revolving around the job.

## Three factors should find their way into your life from now on.

**First factor:** Make a clear decision that you want to change something. And determine when, how often and how many active recovery phases there should be.

**Second factor:** You have priority and you have to give it to yourself. If you say you don't have time for something, then it has no priority. But if you anchor your own priority in your own beliefs, a new mental strength arises that is directed towards the future.

**Third factor:** Develop the best strategy to be able to implement the plan sustainably and efficiently. A strategy is like a recipe. It is not enough to know what belongs in the cake, you have to carefully select the individual ingredients and bring them together in the right order. Otherwise the cake might just be okay, but not necessarily good or even a disaster.

In our case, it's not very useful for us to know exactly how regeneration works. That we should take more walks, do yoga regularly and eat healthier. One way to become active is pressure, when an incident our health and even a doctor have to tell us that things are not going on like this any longer. We don't have to let it get that far. Often you turn the tiller around at short notice, recover and when you are well again, you have already forgotten the pain. The more sustainable solution is to find a clear motivation and to link a goal with the project. This goal pulls me where I want, even if it's hard and not easy.

The benefit of having managed to shut down and switch off well is incomparable. You can focus better and more effectively on the essentials. You are no longer quickly distracted or unsettled. Focusing better also means that you know exactly what you want and what you don't want, so you are also more goal-oriented. This applies to professional goals, private goals and, above all, personal goals. Some people can help you to record these goals in writing, to create your own individual goal board. Letting go also means getting a better overview of your life in all areas.

Active relaxation helps you to think about what you want to achieve in your life, in your family and at work. Who and what is important to me? What are my basic values? Who do I want to be, what do I want to do and what do I want to have in my life? All these are good and important questions that you can ask yourself in a meeting with yourself.

In Buddhism, there is the beautiful description that says; the moment is the only and most important thing that counts to be happy. The past is over, and the future is not yet here. What counts is NOW, so think and feel happy now, visualize the optimal conditions. Now is the moment where you can harness that power. Now, in the meeting with yourself and in the visualization of how to consciously relax and set positive goals, you are able to be happy and healthy. And how do you bring that into a crammed day now? Take regular, short breaks, pause, take two minutes for yourself, five, six times on such a busy working day. Plus the regular meetings, getting used to all these rituals and never want to miss them out of your life again. And I guarantee that you will feel the happiness of being in control every week, every month and every year.

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