

Centre. *Stabilise.*

*The first movement of the loop: settling the nervous system so the rest of you can come online.
Body before brain — always.*

Centre › Clarify › Choose › Repeat

What does Centre actually mean?

Bringing your nervous system back into a range where thinking, choosing and connecting are available again. Not forcing calm — restoring access. A centred person can still be under pressure; they just have their full equipment with them.

Why does the body come first?

Because under stress the brain quietly reallocates — and the networks that run planning, memory and perspective are the first to lose service. You cannot reason your way out of a state your body is still in. Settle the body, and the thinking returns on its own. It always does.

What if I can't meditate?

Then you're in excellent company. Regulation has many doors: movement, breath, cold air, music, water, the dog, one particular person's voice. Stillness is one option, not a requirement. What matters is finding your doors and knowing where they are before you need them.

What counts as a win here?

Noticing earlier. That's it. Catching your load rising ten minutes sooner than last month is real, measurable growth — and everything else in the Frame is built on top of it. Celebrate it; your nervous system learns faster from acknowledged wins.

Is feeling things strongly a weakness?

No — it's capacity. Strong feeling usually means a finely tuned signalling system, and people who feel deeply often read rooms, spot trouble and love fiercely. The work isn't to feel less. It's to build enough regulation that the intensity becomes information rather than instruction.

What are difficult emotions for, then?

They're messengers with terrible manners. Anger often marks a crossed boundary, anxiety a thing that matters, sadness a loss worth honouring. Centred, you can hear the message without obeying the delivery — the difference between receiving a letter and being hit by the postman.

What is S.H.F.T.™?

The Frame's real-time reset: Slow (notice and name it), Hold (one physiological sigh — double inhale, long exhale), Focus (one next step), Time (let the meaning-making wait), + Plus (reflect once you're back). Under a minute when practised, invisible in a meeting, and built for the moments when believing in it is optional.

Do I have to be calm all the time?

Please don't be. Activation is healthy — it's how you rise to things you care about. The goal is range: able to come up for the challenge and come back down afterwards. Centring is about the coming-back-down, which is a skill, and skills grow with use.

How long until this works?

The first physiological sigh works in about thirty seconds — that's just biology. The deeper shift, where you catch yourself earlier and recover faster, builds over weeks of small repetitions in ordinary moments. Practise when it's easy, and it will be there when it's hard.

IF THINGS FEEL UNSAFE RIGHT NOW

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