

# エネルギー消費の状況と出来事のエクササイズ



ストレスを引き起こす状況と、その際に起きる自分の内部エネルギーを消費させるような感情、そしてそれに対して現在自分が行っている対処法を特定し、下記に記載する。

例:

状況	感情	現在の解決法
仕事の遅れ	不安	同僚に電話する
妻(夫)とケンカ	怒り、無力感	過ぎ去るのを待つ
十分な睡眠がとれない	イライラ、疲労感	仕事を早く切り上げる

状況	感情	現在の解決法

## エネルギー再生の状況と出来事のエクササイズ



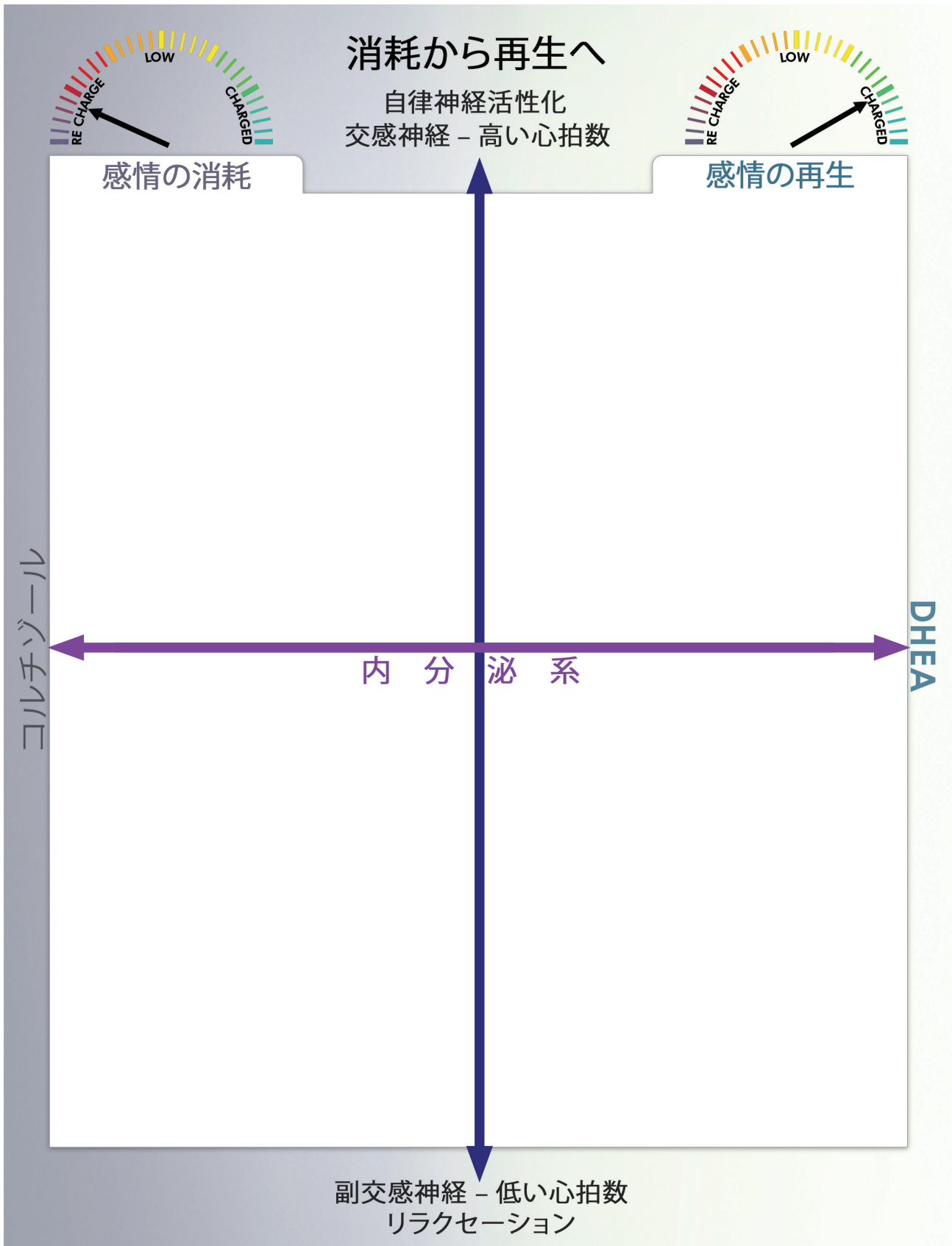
状況や相互作用、それに関連して自分の内部エネルギーを再生しリチャージしてくれる感情を特定し、下記に記載する。

例:

状況	感情
友達と遊ぶ	感謝、楽しい
良い仕事ぶりが認められた	自信、達成感
他人のために行う	誇り、満足、栄誉

状況	感情

# 消耗から再生™ のグラフ・ワークシート



# フリーズ・フレーム® ワークシート

## フリーズ・フレーム クイックステップ

1. 認識する
2. ハート・フォーカス呼吸
3. ポジティブまたは回復させる気持ちを活性化させる
4. 自問する
5. 観察して行動化

問題や争点:

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争点についての姿勢と気分:

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何を観察した?

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前: \_\_\_\_\_ 後: \_\_\_\_\_

解決は、他者とのコミュニケーションや他者からの入力によりしばしば刺激される。

## それぞれの状況に同調する

「進行中に」フリーズ・フレームを用いてみる

1. ハート・フォーカス呼吸
2. ポジティブまたは回復させる気持ちを活性化させる
3. 自問:「この状況で適切な姿勢は何か？」

## エネルギーリークを止めるためのアクション・プラン

あなたのエネルギーを消耗させる一つの状況、そしてエネルギーリークを埋めるためにこれからの2週間であなたが使う呼吸法と対処法を見つけましょう。

### 一般的なエネルギー消費の状況の例:

ミーティング	Eメール	経済的問題/予算削減	睡眠障害
技術的問題	決断	他者のミスへの対処	非効率的プロセス
オーバーロードと納期	時間のプレッシャー	同僚やクライアントの課題	交通
予期せぬ変更	職場のドラマ	仕事と家庭のバランス	健康課題

## エネルギー消費を埋めるためのワークシート

エネルギー消費の状況、相互作用、問題、姿勢など、これからの2週間でエネルギー消費を止めるために、自分で「何をしますか」?

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エネルギー消費を止めるために、どの呼吸法や対処法を使いますか?

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いつそれらを使ったり練習しますか? \_\_\_\_\_

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自分が忘れないようにすることは何ですか? \_\_\_\_\_

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### あなたのツールボックス:

ハート・フォーカス呼吸法

インナー・イーズ

クイック・コヒーレンス

エムウェーブ・テクノロジー

準備とシフト/リセットと維持

フリーズ・フレーム

同期する

コヒーレンス・コミュニケーション

ハート・ロックイン

## レジリエンス力を高めるアクション・プラン

自分の内部バッテリーを再チャージし、自分のシステムにエネルギーを追加する行動を見つけ、それに2週間コミットしましょう。

### あなたの内部バッテリーを再チャージし、あなたのシステムにエネルギーを追加する行動

コヒーレンス法で、その日の調子をセットして準備する; 作業の合間に落ち着いて呼吸。

毎日感謝できることを見つける; 練習、忍耐、優しさ。

ストレスな総合作用の前に、インナー・イーズを練習して準備。

ハート・フォーカス呼吸を練習して、ストレスな相互作用の後にリセット。

ドラマに巻き込まれないよう、過剰な反応をせず、同期もしないよう決める。

ハート・ロックイン法を5~15分、1週間3~4回練習し、新しいベースラインをつくりあげる。

それぞれの相互作用でコヒーレンス・コミュニケーションを練習。

emWave® や Inner Balance™ を使い、コヒーレンスの維持を学習するのに役立てる。

十分な再生できる睡眠を得る。

スポーツ、ガーデニング、料理、ハイキング、趣味、運動、ダンス、音楽、ボランティア、読書などの活動に従事して楽しむ。

## レジリエンスを強化するワークシート

自分の内部バッテリーを再チャージし、自分のシステムにエネルギーを追加するために、これからの2週間での行動、呼吸法、対処法を用いますか?

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いつこれらを使ったり練習しますか? \_\_\_\_\_

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忘れないようにどうしますか? \_\_\_\_\_

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Atmospheres movie: courtesy of advertising agency for Lufthansa – in public domain.

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