



# Bio-Dash Journal

## **Focus and Relaxation Log**

*Rate your level of focus whilst completing the strategy (0 – 100% ) and how relaxed you felt (0 – 100%) after completing the strategy*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Date** | **Strategy** | **Focus**During Strategy | **Relaxation**After Strategy | **Comment** |
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\*complete this chart every time you apply a Bio-Dash strategy – in and outside of school

## **7D Mental Imagery Journal**

## **(7DI1 and 7DI2 - add extra sensory details)**

Fill in the Imagery Journal by choosing personally important upcoming performances or events and imagining different scenarios or challenges and your ideal responses to these. See yourself mastering these challenges and unexpected events. Remember, this will get easier with regular practice.

You will continue to use this Imagery Journal as you do modules in the 7DI theme so ***make sure you save your journal and add new performances/ events, scenarios, and responses over time.***

***(for 7DI2 -*** *Sensory details might include what you can taste, feel (touch), smell and could include proprioceptive and emotional elements****)***

|  |  |  |
| --- | --- | --- |
| **Performance or event**  | **Scenario that might occur**  | **What will your ideal response be?** |
| Exam (example)  | Having a mental blank  | Skip to the next question and plan to go back to the problem question later in the exam |
|  | Feeling anxious  | Taking a deep breath and using helpful self-talk (I’ve got this) |
|  |  |  |
| FILL IN YOUR OWN! |  |  |
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## **Chill Zone Script (7DI4)**

Writing a vivid description of your chill zone and what you will experience for each of your senses is a powerful way to strengthen your ability to visualise this place.

Describing your chill zone in this way will help you to experience more vivid and therefore effective mental imagery.

When creating this chill zone think about what you will see, hear, feel, smell, and taste as well as what you will be doing when you are there.

Make sure you have the 7 senses!! (See, hear, touch, taste, smell, kinaesthetic/proprioception, emotions.)

*Example*

*“My chill zone is sitting under a tree in my local park. I can see the leaves dancing in the sunlight and puffy, white clouds moving across the sky. I can hear birds singing and water gushing over rocks in a nearby river. I notice that I am gliding my hands across the thick, spring grass. I can feel dried leaves, old seeds and grit between the blades of grass. I can taste chilled, fresh water from my drinking bottle. I feel relaxed and tranquil. I can smell a strong eucalyptus scent from the leaves on the ground around me.”*

## **Writing a Performance Script for moments prior to performance/event (7DI5)**

Complete your own ‘*moments prior*’ script to a personally important upcoming performance or event. In your performance script be sure to include some of the triggers you are likely to experience. With each trigger aim to include all the relevant responses. Remember to consider your physiology, emotions, behaviours and thoughts. What will you do to manage unwanted responses and change these into your ideal response (for example reframing negative self-talk).

***Here’s an example for a presentation***

I am walking up to the stage to give my presentation

There’s lots of bright lights and the audience is smiling but I’m worried about forgetting what I am going to say. I’m worried that no one will like my speech. But I know that I have prepared really well and my friends say it is great.

There’s so many people and I can feel my heart racing, so I’m using my breathing techniques which help me to focus and center myself. Why are those people laughing in the front row, I hope I don’t look silly. They’re probably just laughing at a joke.

I reach the microphone feeling psyched and ready to start.

***Now complete your own.***

## **Unwanted and Ideal Responses example (7DI5)**

|  |  |  |
| --- | --- | --- |
|  | **Unwanted Response** | **Ideal response** |
| **Physiology** | Increased hearth rate, sweat, respiration, muscle tension. | Slow down your sympathetic nervous system by taking deep breaths, doing a quick body scan and loosening tense muscles. |
| **Thoughts**  | “Oh no this is a disaster, this has ruined everything. I can’t handle this, why me?” | Remind yourself that you have trained yourself to cope with these challenges and you have the mental tools to get through this. Acknowledge imperfection and apply self-compassion. Take a learning and growth approach. |
| **Emotions** | Anger, frustration, disappointment, sadness. | Turn anger and frustration into motivation and energy. |
| **Behaviour** | Withdraw, give-up, put in a half-hearted effort. | Use a distraction technique such as listening to music, keep going. |

## **Writing a Performance Script for during a performance/event (7DI6)**

* + 1. Start

**e.g. for a piano performance**

*Feeling centered and grounded I take a deep breath and confidently begin. The piano feels so responsive to my touch and I am really enjoying the sound and acoustics of this space. I’m able to fully focus on the music, blocking out any audience noises or other distractions. It feels great and I’m in control.*

***e.g. for an exam***

*I feel in control and take a deep breath before I sit down. I enjoy the challenge of taking this exam and know that I have prepared as well as I can.*

*Now I’m sitting, I can fully focus on the task and block out any distractions. I feel confident and in control.*

***What is your event or performance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Complete your own.***

* + 1. Middle

***e.g. Piano performance*** *- Everything is feeling great. It feels effortless, focussed and relaxed. I take a deep relaxing breath as I approach the challenging arpeggios. I feel like I own the stage.*

***e.g. Exam*** *- Taking this exam is going well. I feel calm and confident. I am answering the questions to the best of my ability. I make sure to take deep breaths regularly. If I am unsure of the correct response I calmly focus on what I do know. I feel like I am in control.*

***What is your event or performance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Complete your own.***

* + 1. End

***e.g. Piano performance*** *- As the music builds to a dramatic finish I feel confident and in control. It is so satisfying to feel strong and relaxed and able to express the music the way I want. I nail the fast coda like never before. The audience is clapping and smiling. I smile and take a bow feeling proud of my performance. I walk off feeling confident and happy.*

***e.g. Exam*** *– I walk out of the exam knowing that I prepared well, and worked really hard. It’s satisfying to know that I did the best that I could do and I walk away content, confident and happy.*

***What is your event or performance? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***Complete your own.***

## **My Self-Coach Guide (SC5)**

This is a template where you can create your own self-coach guide!!

The most important thing is to get started, even if it’s just a couple of statements for each stage in the beginning.

Keep adding to your guide over time to create a ***supportive and encouraging list of positive statements***. Become familiar with these so you can readily apply them when needed.

Remember changing your thinking takes practise, so make sure you use your set statements at the right times.

It’s always best if you can generate your own statements. However, it may take some time and practice to develop a full self-coach guide.

Please fill in performances or events that are meaningful to you and create your list of positive and encouraging statements for each activity. And feel free to add more activities!!

Performance/Event 1 (e.g., your favourite sport) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Preparation or lead-up

Example: Learning new things is challenging for everyone, but it will get easier with time.

## Moments immediately prior

Example: It’s normal to be nervous, so just concentrate on breathing to relax.

## During the performance/event

Example: Just focus on using mental imagery to picture a successful shot, and forget about the outcome.

## After the performance/event

Example: People are being supportive when they say nice things about me and the majority are genuine.

Performance/Event 2 (e.g., exams) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Preparation or lead-up

Example: Learning new things is challenging for everyone, but it will get easier with time.

## Moments immediately prior

Example: It’s normal to be nervous, so just concentrate on breathing to relax.

## During the performance/event

Example: Just focus on using mental imagery to picture a successful shot, and forget about the outcome.

## After the performance/event

Example: People are being supportive when they say nice things about me and the majority are genuine.

## **Macintosh HD:Users:roblangmaid1:Desktop:Biodash Word docs:FinalBiodashBLUE.pngNext Steps**

1. **Introduction: Welcome. IN1**
* Nil
1. **Introduction: Content and Processes. IN2**
* Nil
1. **Introduction: Mind-Body 1. IN3**
* Nil
1. **Introduction: Mind-Body 2. IN4**
* Nil
1. **Smart Breathing: Breathing Basics. SB1**

Use the Bio-Dash breathing visuals (links are in your toolkit)

* 4-4 pattern
* 4-8 pattern (tactical breath)

Or set the 4-4 or 4-8 pattern on a free breathing app (e.g. IOS: iBreathe; Android: Paced Breathing)

Make it a habit!

* Choose a specific time each day; or
* A reoccurring daily event

to practice deep breathing.

1. **Flexible Emojis: Channelling Your Emotions. FE1**

Choose 3 specific activities where you might be challenged or experience strong emotions (e.g., sports match, exam, argument with parents).

Lebel these emotions and notice when you feel them.

Use your breath to connect with these sensations.

Remember to update your Bio-Dash Dashboard!

1. **Max the Good Stuff: Max the Good Stuff. MGS1**

Over the next few days, use at least one of these techniques when eating your favourite food (mindfulness, engaging, slow down, closing eyes)

Which one will you use?

Remember to update your Bio-Dash Dashboard!

1. **Zoning In: Getting Centered With Your Senses. ZI1**

Getting centered with your Senses

* When could you use this strategy
* Identify at least 2 events or activities where you think this could be useful for you.
* Over the next week aim to use this strategy during the activities you identified.

Remember to update your Bio-Dash Dashboard!

1. **Self-Coach: Self-Talk. SC1**

Track your internal dialogue in real time.

* Spend 5 minutes tuning in to your self-talk during an activity in which you may encounter some challenges. This could be when you’re studying, during music practise or sports training.
* ****Write down everything that you are saying to yourself as you complete this activity.
* Categorise each statement as red, orange, or green light.
* What could be potential outcomes for using these different self-talk statements? Consider feelings and consequences.
1. **Flexible Emojis: Strategies for Flexible Emojis. FE2**

What helpful strategies will you use to manage your emotions?

Where would these fit in your dashboard? ****

Remember, helpful strategies are distancing, distraction, and reappraisal.

Think about how you will change your view of stress.

1. **Smart Breathing: Box Breathing. SB2**

Choose an activity in which you could apply box breathing.

* Practise this breathing pattern everyday, during and outside your chosen activity, building up to 5 minute sessions.
* Use the Bio-Dash guided visuals or you can set the 4-4-4-4 pattern on one of these free breathing apps (IOS: iBreathe; Android: Paced Breathing)
1. **Smart Breathing: Breathing to Energise. SB3**
* Use the Bio-Dash breathing visual in your toolkit to practice energising breathing
* Try this pattern when you need a burst of energy

Dashboard: When could you use energising breathing?

Focus: Remember to notice and rate your level of focus each time you complete this breathing strategy

1. **Zoning In: Train Your Olympic State of Mind. ZI2**

Practising deep breathing is the key so that you can use these patterns when needed to help block out unhelpful distractions.

Keep practising your strategic breathing patterns.

1. **Flexible Emojis: Nature and Flexible Emojis. FE3**

Identify one nature scene that you could use over the next week to improve the way you are feeling. For example, YouTube nature videos, screen savers, nature sounds or photos.

Remember to update your Bio-Dash Dashboard!

1. **Zoning In: Mindfulness. ZI3**

Think about a high pressure situation such as a sports game, music performance or exam, or when you’re feeling upset or angry. What muscles tighten up?

Aim to identify at least two key areas that tense up when you are under pressure.

Remember to update your Bio-Dash Dashboard!

1. **7D Imagery: The Power of Mental Imagery. 7DI1**

Practice every day imaging your upcoming performance and ideal response to the scenarios you’ve identified.

Remember to update your Bio-Dash Dashboard!

1. **Zoning In: Progressive Muscle Relaxation. ZI4**

Plan a time when you can do this regularly at home.

Decide when you can do this activity as a class at least once a week.

****Remember to update your Bio-Dash Dashboard!

1. **Self-Coach: Destructive Thinking. SC2**

Continue to identify and challenge destructive statements you might be to yourself.

* Is it true?
* What’s the evidence?
* Is it based on fact or opinion?
* Is there a different way of thinking about this?
* Is it an over exaggeration?
* Will this even matter in 6 months’ time?
1. **Max the Good Stuff: Max the Small Stuff. MGS2**

List 3 moments from your past (reminisce)

And three upcoming events (anticipate)

That you could use to ‘max the good stuff’

Remember to update your Bio-Dash Dashboard!

What are 3 daily activities or experiences in which you could max the good stuff? Write these down.

Aim to max the good stuff when you do these activities over the next week.

1. **7D Imagery: Creating an Mental Imagery Blueprint. 7DI2**

Daily practice – imaging upcoming performance and ideal response to various scenarios. Be sure to include more sensory details (including what you can taste, feel, smell and proprioceptive and emotional elements).

Remember to update your Bio-Dash Dashboard!

1. **Smart Breathing: 4-7-8 Breathing. SB4**
* Use the Bio-Dash breathing visual in your toolbox to practice 4-7-8 breathing
* Try this pattern when you go to sleep at night

Dashboard: What other situations could you use 4-7-8 breathing?

Focus/Relax: Remember to notice and rate your levels of focus and relaxation each time you practice a breathing strategy

1. **Flexible Emojis: Music and Flexible Emojis. FE4**

Create a personal playlist of your favourite songs for each of these categories.

* Focussed
* Happy
* Pumped
* Relaxed

Remember to update your Bio-Dash Dashboard!

1. **Self-Coach: Self-Talk Hacks. SC3**

When could you apply:

* Agreeing or disagreeing with your self-talk
* Firing up rather than giving up
* Changing your posture of body language

To improve your mindset and confidence?

****Where could you fit these strategies in your Dashboard?

1. **Self-Coach: Becoming a Self-Coach. SC4**

Set a goal to take notice of your self-talk immediately after your next sports match, concert, or important performance event and rephrase any negative comments.

Choose an activity that is challenging you. Monitor your self-talk during this activity, write it down and rephrase any negative comments OR if you’re alone, verbalise your thoughts out loud and immediately rephrase any negative comments.

Remember to update your Bio-Dash Dashboard!

1. **Max the Good Stuff: Max Out the Good Stuff. MGS3**

Fun Event

Organise a date for your fun day. Remember to anticipate prior to the event and reminisce after the event.

Gratitude Video

* Download 1-sec day app to create your gratitude video
* Record 1-second gratitude snippets daily for 7 days
* Create 7-day gratitude video
1. **7D Imagery: Mental Imagery Ability. 7DI3**

Practice visualising an object you would use in a performance or event until you can clearly see and feel it.

Remember to update your Bio-Dash Dashboard!

1. **Flexible Emojis: Humour and Flexible Emojis. FE5**

Think about how you can use some of these humour enhancing activities to achieve some of your goals on your dashboard.

What specific strategies could you include in your Bio-Dash Dashboard?

For example, watching the rooster crow when you need a break from study or are feeling like you need to boost your mood.

1. **Self-Coach: Self-Coach Guide. SC5**

Keep adding to your Self-Coach Guide over time to create a supportive and encouraging list of positive statements.

Remember to save your Self-Coach Guide!

1. **Zoning In: Catch and Refocus. ZI5**

Choose a strategy you can use to re-focus quickly. Be sure to practice using it.

Over the next few weeks think about strategies you could apply across the different stages of performances or events.

1. **7D Imagery: Creating Your Chill Zone. 7DI4**

Try the activity again using some stress reduction techniques such as one of the breathing patterns.

Remember to update your Bio-Dash Dashboard!

1. **Self-Coach: Be Good to Yourself. SC6**

Focus on being self-compassionate.

****Identify three things you will do this week to be kinder to yourself.

Remember to update your Bio-Dash Dashboard!

1. **Zoning In: Advanced Body Scanning. ZI6**

When could you use this body scanning strategy? E.g. before going to sleep.

Remember to update your Bio-Dash Dashboard!

1. **7D Imagery: Writing a Performance Script - Moments Prior to Performing. 7DI5**

Practice mental imagery for 5-10 minutes daily.

Continue to mentally image the moments prior to an upcoming performance or event.

Remember to update your Bio-Dash Dashboard!

1. **Self-Coach: Affirmations. SC7**

Now have a go at creating your own list of affirmations relating to your Dashboard goals, keeping in mind they need to be believable.

Before you finish this session create at least 3 affirmations you would use.

What would remind you to say them every day?

For example

* Post-it note on your mirror
* App
* Reminder on your phone etc.
1. **7D Imagery: Writing a Performance Script - During a Performance. 7DI6**

Practice mental imagery for 5-10 minutes daily.

Remember to include different scenarios and your ideal responses and key moments that occur during your performance.

Practice mental imagery for 5-10 minutes daily.

Remember to update your Bio-Dash Dashboard!