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JOSH ROCHE · HOLISTIC HIGH PERFORMANCE

FREE FIELD GUIDE

THE OFF SWITCH

A practical guide to switching off the overthinking mind. The exact ten-minute practice, start to finish. No app, no belief required.

WHY THE MIND WILL NOT SWITCH OFF

You are not imagining it. Your attention is captured on purpose, all day, by systems built to hold it. We have never lived through a more cognitively demanding time than this one.

Most people carry the result without naming it. A mind that is always on. Planning, replaying, scanning, even in the gaps that were supposed to be rest.

The mind is primary. Everything downstream of it runs on its state, so its needs come first. Protect it, clear it, and train it, and the rest of your life has room to work. Leave it unmanaged, and the effects are quiet at first and then not quiet at all. The mental health numbers are a sobering picture of how that goes for a lot of people.

The deluge is not going to stop. That part is settled. What you can change is your ability to step out of it on command. To put the thinking mind down and let it rest, instead of running it into the ground until you are frazzled, anxious, and always busy.

That ability is trainable. The rest of this guide is how you train it.

BEFORE YOU START

The practice is simple. A little setup makes it stick.

TIME AND PLACE

- **Pick one quiet time you can repeat daily.** Early morning, before the noise starts, is ideal. Last thing before bed works well too and sets up better sleep. What matters most is that the time is dependable.
- **Make a small space you like sitting in.** Even a corner of a room is enough. Keep it uncluttered and calm.
- **Sit upright and alert.** Cross legged on a firm cushion with a straight back is ideal. An upright chair is fine.
- **Do not get too comfortable.** Find the line between relaxed and alert, not relaxed and drowsy.

PRIME IT FIRST

- **Come to it with intention.** How you approach a thing colours the experience of it. Treat it as a chore and excuses win. Bring a little enthusiasm and it works better and feels better.
- **Be patient.** The effects accumulate. Give it three to six weeks of daily practice for the changes to start settling into how your brain is wired.

TEN MINUTES, STEP BY STEP

Sit down and get settled. Then work through this.

- 01 Begin with three to five slow belly breaths. This is the signal that shifts you out of the everyday problem-solving mind toward a quieter one.

- 02 Let the breath go natural. Inhale naturally, exhale naturally. At the very end of the exhale, count one.

- 03 Next breath, at the end of the exhale, count two. Then three, four, up to ten. Then start again at one.

- 04 Keep the breathing unforced. The count drops in right at the end of the out-breath.

- 05 Watch the system slow. Breathing settles, heart rate eases, the body downshifts toward rest.

- 06 When a thought carries you off, and it will, do not fight it. Calmly drop it, return to the breath, and start again at one.

- 07 Do that as many times as you need.

THE RESET IS THE REP.

Dropping a thought and returning to a neutral object is the whole mechanism. It is lifting weights for the mind. You are not failing when thoughts come. Noticing and returning is the exercise.

WHY IT WORKS

Each time you drop a thought and come back to the breath, you step outside the constant stream of thinking and rumination. You gain the observer's seat.

When you stop identifying with your thoughts, whatever they are, your nervous system no longer has to generate the tension that planning futures and re-running the past demands. The alarm quiets. Every system that was braced gets to stand down.

Then the opposite of effort can happen. Not more doing. Rest, repair, and real recovery in the systems that have been running hot. That is why this is not a nice-to-have. It is where genuine healing of an overloaded mind and body begins.

HOW MUCH, HOW OFTEN

MINIMUM 10_{min} Once a day, every day.	IDEAL 20_{min} One steady daily session.	OPTIMAL 2×20 Morning and evening.
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Ten honest minutes every day beats an hour once a week. The daily repetition is what compounds.

WHEN IT FEELS LIKE NOTHING

- **Thoughts keep coming.** Good. Noticing and returning is the practice, not a sign you are doing it wrong.

- **It feels boring or pointless.** That is the restless mind protesting the loss of stimulation. Stay. It passes.

- **You keep forgetting.** Anchor it to something you already do daily. The first coffee, brushing your teeth, sitting down after work.

- **Nothing seems to be happening.** The change is structural and slow. Trust the three to six week window and keep the streak alive.

THE SEVEN-DAY START

- **Days 1 to 2.** Five minutes. Just find the seat and the breath.

- **Days 3 to 4.** Ten minutes. Add the count to ten and back to one.

- **Days 5 to 6.** Ten minutes, same time each day. Notice the reset getting smoother.

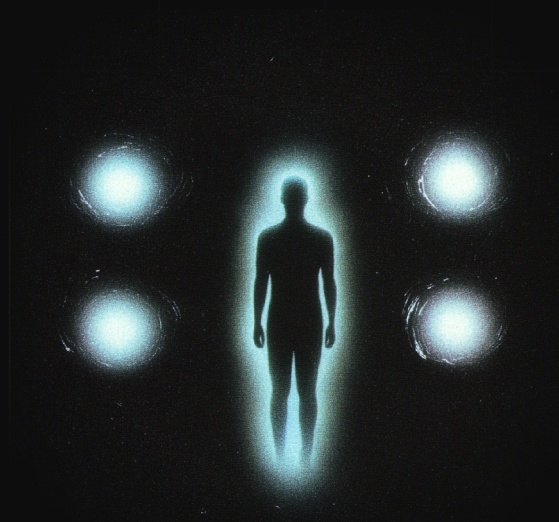
- **Day 7.** Fifteen to twenty minutes. This is your new floor.

Let the practice get boring and dependable. That is what winning looks like here. The journey is its own reward. Relax, and trust the process.

ONE DOMAIN OF FOUR

Switching off is one part of the picture. The body, the emotions, and your direction sit alongside the mind. They hold each other up, or hold each other back.

When you are ready to see the whole system, take the Capacity Audit. Ten minutes, and it shows which domain is actually capping your capacity, and what to do first.



PHYSICAL



MENTAL



EMOTIONAL



SPIRITUAL

TAKE THE CAPACITY AUDIT

joshroche.com/capacity-audit

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