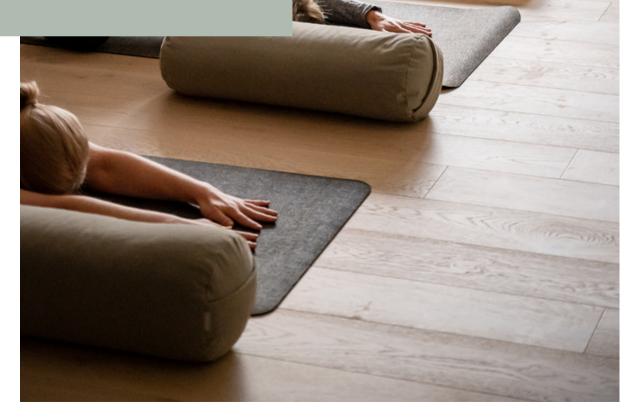
Biohack-HER

Stress Response to reduce...

CORTISOL **A.K.A THE BULLY!**



REAL TIME PRACTICES (BOTTOM UP APPROACH)



nose/mouth

- Breathe to calm nervous
 system
 (inhale through nose for 4, out for 6)
- Left nostril breathing (down-breathing)
- Physiological sign

 (2x back to back short inhalations,
 followed by long exhalation through
 mouth slowly)
 5 mins per day

Coffee 60 mins after waking to mimic natural rhythm

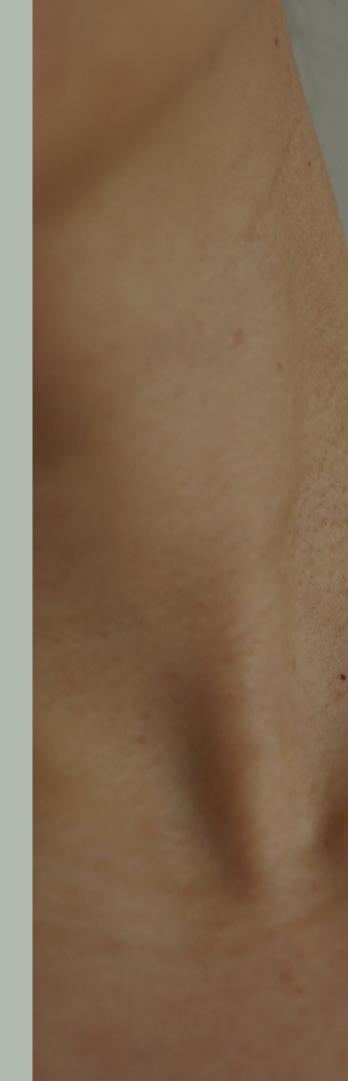


Check with your local community activities

neck/ears

• SCM Massaging - neck muscles

• Ear lobe massage



Stretch

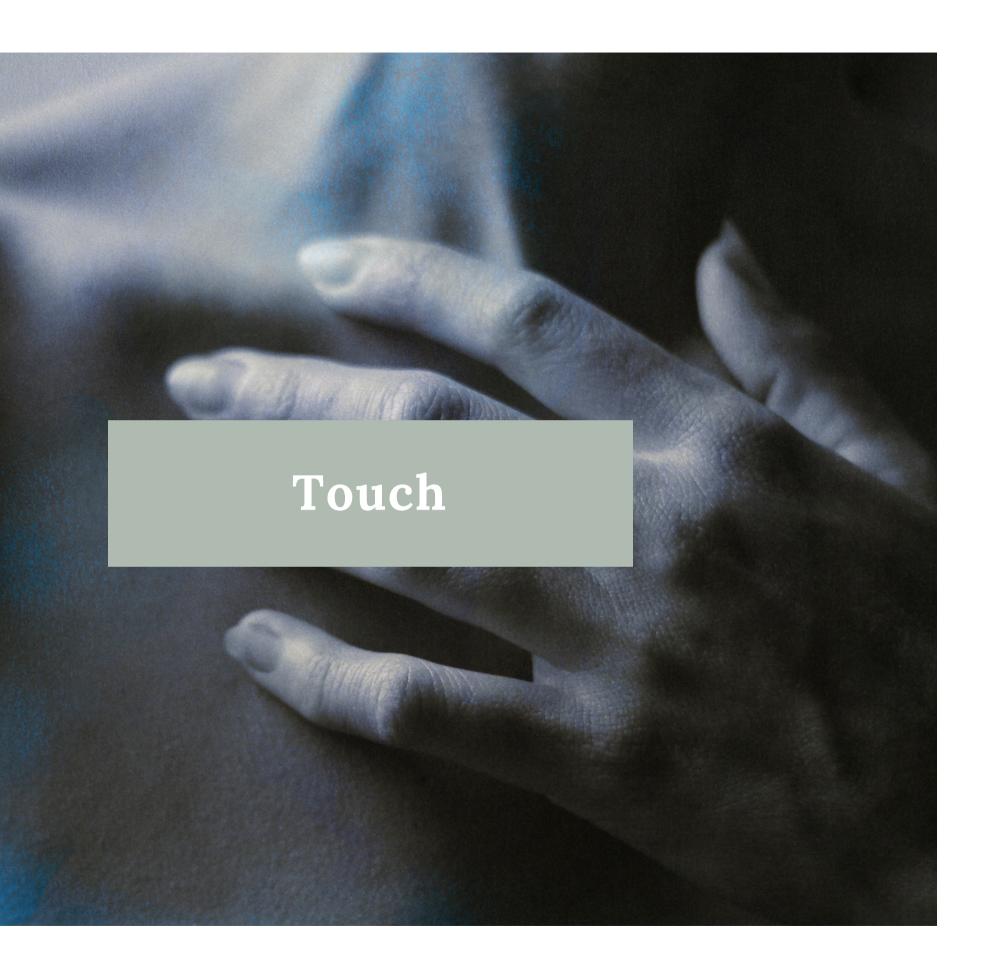


eyes

ALTERNATING SIDE EYE gateway to calm

PANORAMIC VISION especially in nature

MORNING LIGHT regulate circadian rhythm, hormone production and metabolism



hands/fingers

ALTERNATING SQUEEZES Hold for a couple of seconds great when rushing

BUTTERFLY HUGS

TAPPING Emotional Freedom Technique



yawning, eyes watering, salivating, burping, tummy gurgling

how do I know?

softening, expanding, lightness and warmth



real time (body based) Our senses, sight, sense, touch etc to reconnect with self and inform the brain we are safe and to down regulate stress response

BALANCE mind & body

preventative (mind based) Meditation, Yoga, Me time, Breathwork

REAL SELF CARE IS AN INSIDE JOB

REQUIRES BOUNDARIES **AND MOVING PAST GUILT** TREATING SELF WITH

COMPASSION

BRINGS YOU **CLOSER TO** YOURSELF