

# 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



**Vision**

# eyes

**ALTERNATING SIDE EYE**

gateway to calm

**PANORAMIC VISION**

especially in nature

**MORNING LIGHT**

regulate circadian rhythm,  
hormone production and  
metabolism



Touch

# hands / fingers

## ALTERNATING SQUEEZES

Hold for a couple of seconds  
great when rushing

## BUTTERFLY HUGS

## TAPPING

Emotional Freedom Technique



**Signs of down  
regulation**

## how do I know?

yawning, eyes watering,  
salivating, burping, tummy  
gurgling

softening, expanding, lightness  
and warmth



**Real Self Care**

# **BALANCE**

**mind & body**

**preventative (mind based)**

Meditation, Yoga, Me time,  
Breathwork

**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

**REAL  
SELF  
CARE IS  
AN  
INSIDE  
JOB**

**REQUIRES  
BOUNDARIES  
AND MOVING  
PAST GUILT**

**TREATING  
SELF  
WITH  
COMPASSION**

**BRINGS  
YOU  
CLOSER TO  
YOURSELF**