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Stress Relief



STRESS

- We have moments of "This is way too much!!!"
 - Feeling loss of control
 - Safety is in jeopardy
- STRESS
- Stress triggers or Stressors
- Acute stress may resolve quickly
- Chronic stress accumulates over time

Everybody can use Stress Reduction It's Complicated!

- Any concept that covers such a broad scope of life circumstance is complex
- We all have our own version of it
- Stress comes from external and internal stressors
- We all have a nervous system and can benefit from methods of regulation



Trampoline Breath.

Free Rebound



Breath is the tether between mind and body



Our senses connect us to
the present

Thoughts
Past. Future. Present

Do they affect your happiness
or are you grumpy



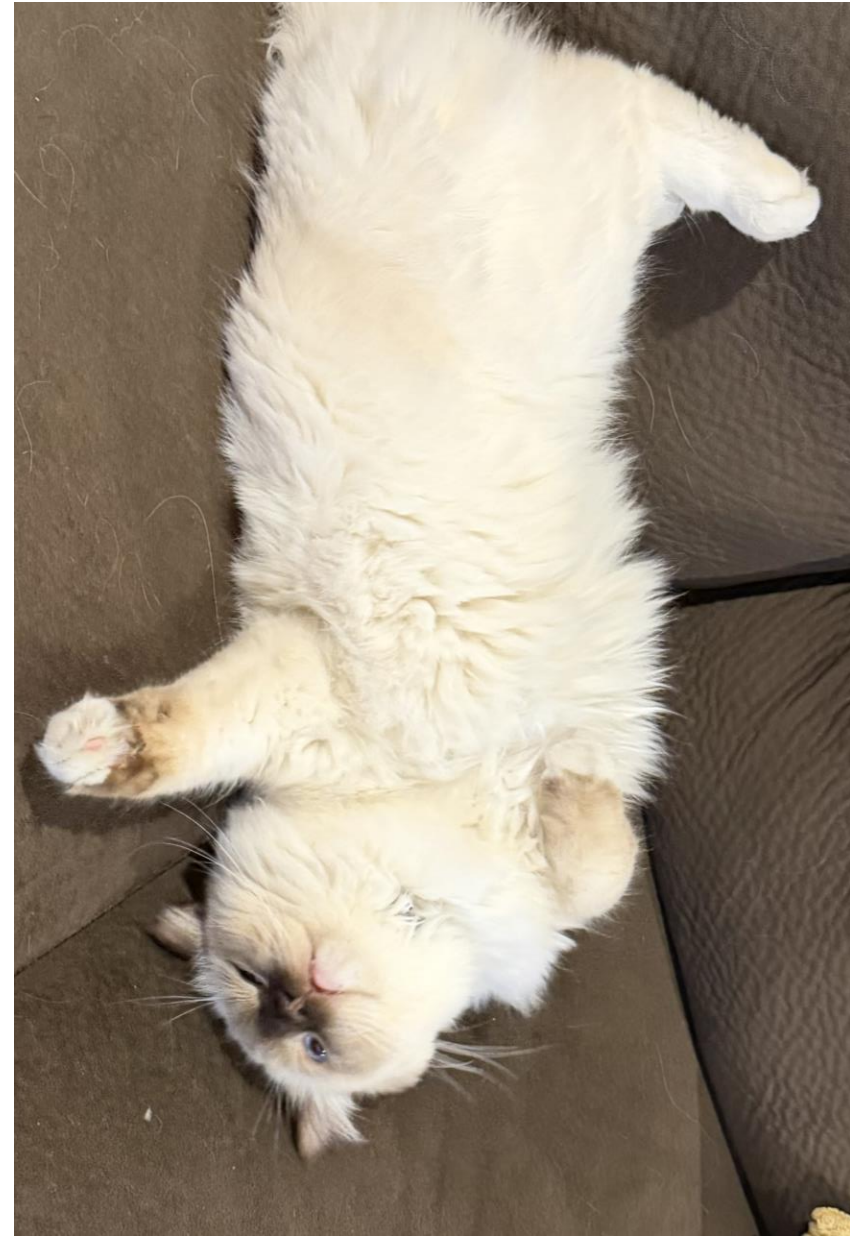
3 Part Breath





Noticing the Body

We have a
nervous
system that
monitors
our safety
and ultimate
survival



















**Our
Nervous
System
Can Turn
on a Dime**



The nervous system initiates fight or flight Action

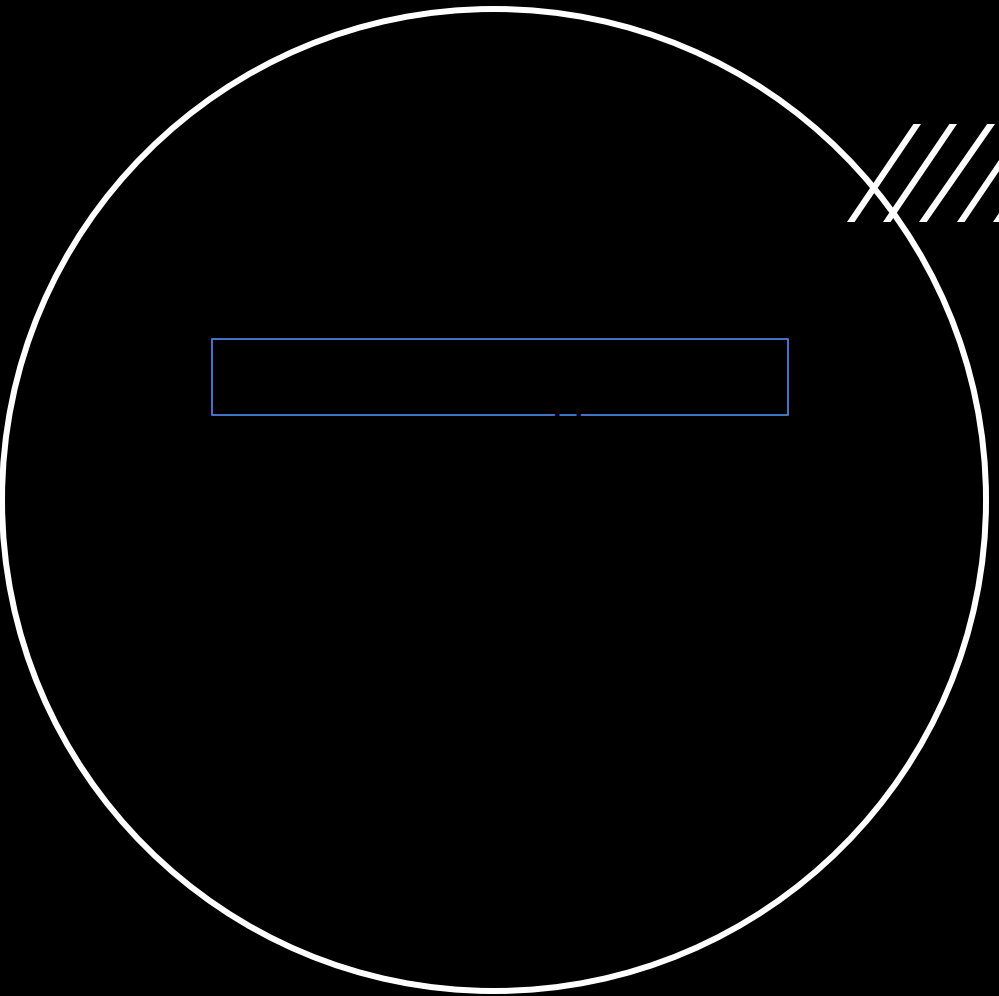
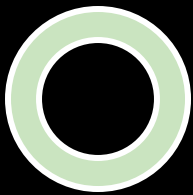
Get away from the snake!

I like that snake and will pet it.

Parasympathetic Nervous System

- Often called The Rest , Digest, Regenerate Response
- Not within your conscious grasp
- With practice one can connect with tissues and function to reset and employ the PNS. (eg. Yin Yoga) (SATYA)

Increasing our Capacity





Present Moment Awareness

Interoception

- Our way of feeling from the inside. Visceral noises, respiration sounds and sense of ease or tightness, headaches
- Feeling our extremities, muscles and involved joint tissues from the inside. This goes beyond feeling only pain. Notice stretches, tingles, flushing, crackles and more

- Stress is everywhere.
- Mindfulness is the Remedy



Stop and see the cardinals

- We are in charge of our schedule, our choices
- Avoid Running. SLOW DOWN
- SLOW DOWN Notice more
- The Present Moment is Home
- Beauty is all around us

"If you miss the present moment, you miss your appointment with life. "

Thich Nhat Hahn



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Be present.



Take Good Care

