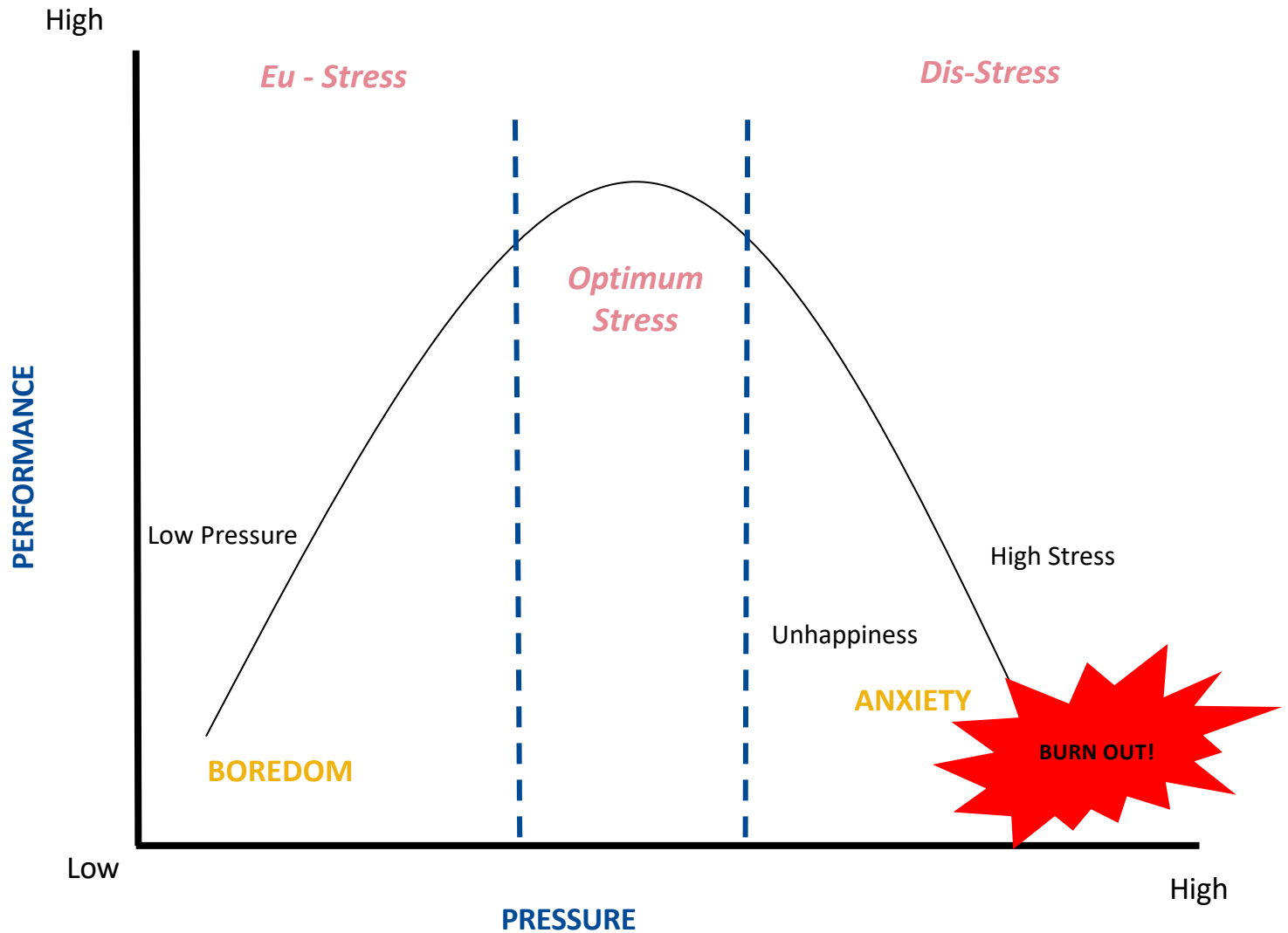


Stress, Resilience, the Relaxation Response and Wellbeing

Part 1: Stress and how it works

Stress, Resilience, the Relaxation Response and Wellbeing

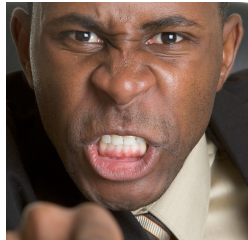


Pressure
Performance
Relationship

Stress, Resilience, the Relaxation Response and Wellbeing

Hormones are triggered from, produced in and released from the Amygdala – the reptilian brain

Sympathetic NS
FIGHT / FLIGHT



**B
R
E**



NOTE : The Amygdala and the Pre-Frontal Lobe cannot be active at the same time.

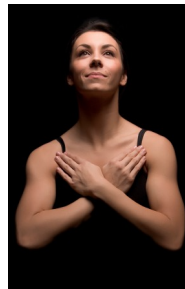
Cortisol
Adrenalin

Oxytocin,
Serotonin,
Endorphin,
Dopamine

½ lifespan 1-2 hours
Can last up to 13 hours



**A
T
H
E**



Lasts 6-8 hours

FREEZE / FLOW

Para-sympathetic NS

Hormones are produced in and released from the Pre-frontal lobe = The executive brain

Stress, Resilience, the Relaxation Response and Wellbeing

Understanding 'Happy Hormones' and how to Generate Them

DOPERMINE

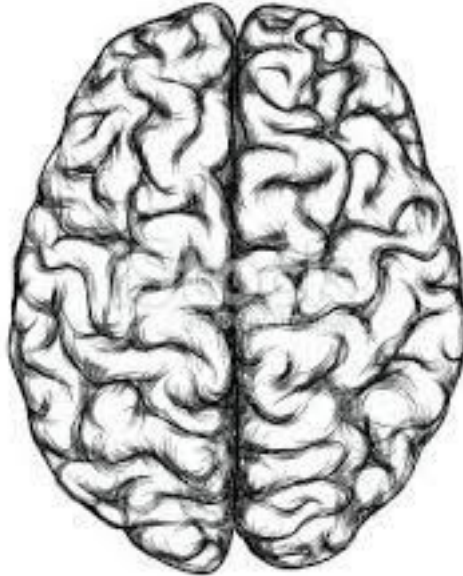
The Reward Chemical

- Eating Food
- Achieving a Goal
- Completing a Task
- Celebrate a small win
- Self Care such as:
 - Getting enough Sleep
 - Having a warm Bath

ENDORPHIN

The Pain Killer

- Exercising
- Laughing
 - Watching comedy
 - Laughing exercise
- Listening to Music
- Dark Chocolate



OXYTOCIN

The Love Hormone

- Socialising
- Physical Touch such as:
 - Hugging/Holding hands
- Petting Animals
- Helping Others
- Giving a Complement to others

SERATONIN



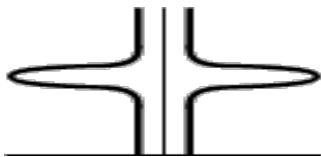





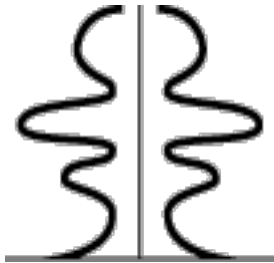
The Mood Stabiliser

- Sun Exposure
- Mindfulness /Meditation
- Being in Nature
- Exercise
 - Run
 - Swim
 - Cycle

NOTE: Electronics are not on this list ..

Stress, Resilience, the Relaxation Response and Wellbeing

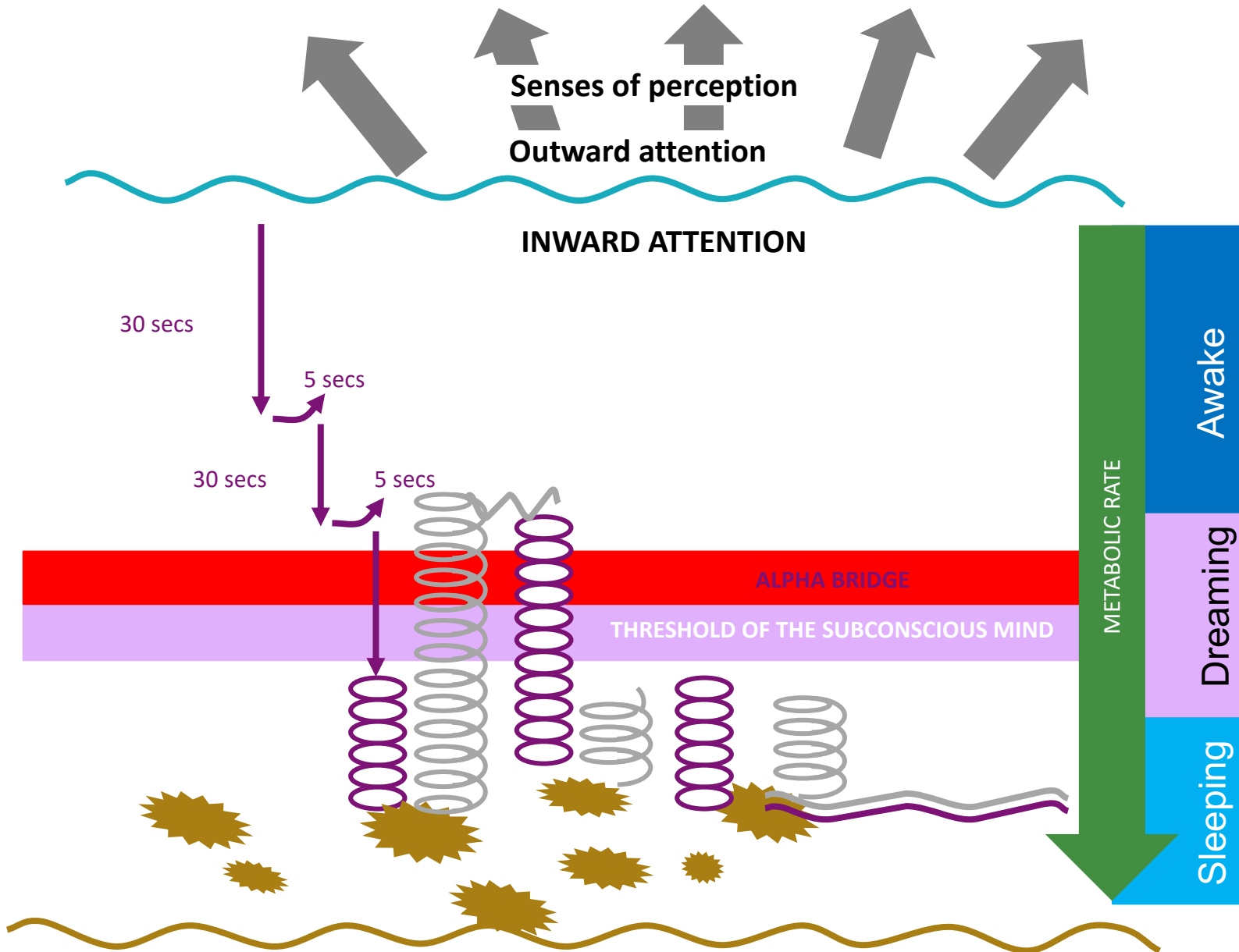
Brainwave Patterns and the State of Consciousness

Amplitude	Name	Brainwave	Experience
	BETA 14-38cps		<ul style="list-style-type: none">▪ High Beta – Panic attacks & anxiety▪ Active external awareness▪ Rational thought▪ Multi-tasking▪ Eyes open
	ALPHA 8-14cps		<ul style="list-style-type: none">▪ Relaxed detached awareness▪ One-pointed focus▪ Occurs during rhythmic activity▪ Day dreaming
	THETA 4-8cps		<ul style="list-style-type: none">▪ Creative inspiration▪ Short term memory▪ Mindfulness▪ Deep connection▪ Dreaming (REM sleep)▪ Peak experiences
	DELTA 0.5-4cps		<ul style="list-style-type: none">▪ Intuition▪ Empathetic radar▪ Deep sleep
	COMBINED		<ul style="list-style-type: none">▪ Awakened mind▪ Access to all four states simultaneously

Stress, Resilience, the Relaxation Response and Wellbeing

Part 2: Dynamic Mind Practice and Stress Management

Dynamic Mind Practice



Dynamic Mind Practice

Other Information about the Practice:

- Only need your breath!
- 10-15 minutes twice a day – upon waking; between work and home life; not just before bed
- Make it a habit, like cleaning teeth or showering
- Spine straight. Lie down and you'll likely fall asleep
- Most are sleep deprived. Two practices equivalent of 7 hours sleep in terms of processing
- Don't get attached to the subjective experience of the practice – the body is wise and will take what it needs
- Initially will mop up the excess stress within the mind/body matrix; once that happens it will attend to excess stress generated during each day
- Thinking is good... it means you are processing
- Colours – energy is waves and some people, particularly those who are visual may see colours
 - Reds – low Alpha
 - Bright pinks, purples and violets – Theta
 - Turquoises – Delta
 - Greens and Golds – low Delta into Epsilon (very slow brain waves below Delta)

Dynamic Mind Practice

- The Void – complete darkness, peace and bliss
- May go to sleep – an indication you are sleep deprived
- May dream – process parallel to the dream state
- Fourth state – Are aware and below the Alpha bridge
- Develops Balcony Dance perspective as we become aware that we are thinking and choose to move back to our thoughts
- Human body is not designed to operate in the modern world – designed for the natural rhythm's of nature, sun/moon, changing seasons etc.
- Electromagnetics put nervous system in a state of over-excitement
- Use for insomnia
- Use to calm a baby (brain waves of mother and child are identical for the first 6 months)
- Don't teach to children under 11
- Can use in lieu of a powernap
- Reduces the experience of nausea during chemotherapy

Dynamic Mind Practice

- Calms the nerves, enables intention setting and focus prior to a big event or presentation
- Helps re-set the body clock across time zones
- May notice the breath becoming finer, or even seeming to stop – suddenly take a big breath, it is not necessary, it is just what the body uses when it is in this deep state of relaxation – due to the brainwaves being proportional to the metabolic rate
- Overtime it will clear our triggers the energetic blockages of which are sitting in the deep delta brain waves. How will we know, suddenly something that use to upset us will not longer have any impact
- Slows the breathing, thus the heart rate and ultimately lowers blood pressure
- Creates a calmer disposition and a more positive outlook on life
- Generates more creative thoughts and ‘A-ha’ moments
- Greater ability to focus
- Enhances personal relationships
- Nurtures the self – as it ultimately means as a human you are taking time out for yourself to allow the “monkey mind” to quieten and just be a peace.

The Relaxation Response

Generators of the relaxation response :

1. Healthy relationships

Including a strong network of family, friends, loved ones and work colleagues.

2. Spending your days in a meaningful way

Doing work and having activities that are engaging and personally fulfilling and meaningful. Being clear about your true purpose. Doing what you love and are passionate about.

3. A fully expressed creative life

Allowing the self to express in creative ways

4. Spiritual connection

a sense of connection to something larger, something sacred and a sense of 'oneness' . Time alone to be with self and reflect. A regular meditative or contemplative practice (15 minutes twice a day is recommended)

5. Healthy sex life

The ability to express yourself intimately

6. Financial health

Financial situation that is free of undue stress, and that ensures the needs of your body and lifestyle are met, now and into the future

7. Healthy environment

Being in an environment that is free of toxins, radiation, electromagnetics (which over excite and stimulate the nervous system) or exposure to other unhealthy or unnatural substances that threaten the health of the body physically

8. Active mental and emotional life

This is a life characterized by optimism, happiness and free of fear, anxiety, depression and other mental ailments.

9. Physically active lifestyle

Good fresh healthy nutrition free of processed foods, regular exercise, adequate sleep (with dream and deep sleep time). Avoidance of addictions.