

3 Take-Away Tools from Dr. Darcy Lord's... Stress Relief & Self-Care Happy Hour

Each can help you manage your emotions and feel better even in challenging situations.

Technique #1: Balanced Breathing

*An effective tool to help recover the Nervous System when it is in the “Fight or Flight” stress mode.

*It helps bring you to a state of active calm useful at work and at home.

Balanced Breathing Steps:

Lengthen your breath so it is longer and slower than normal. Use about 4-5 counts in...and about 4-5 counts out. Breathe in this balanced way for 4-6 rounds.

Technique #2: Intentional Attitude Technique

*An effective tool to help shift the Hormonal System out of the “Fight or Flight” stress mode, and into the “Rest and Digest” healing mode.

*It helps you increase energy and well-being (and also turns on the learning centers in the brain).

Intentional Attitude Technique Steps:

- 1. Choose a renewing emotion or attitude (or simply focus on “You at your best”)*
- 2. Do 4-6 rounds of Balanced Breathing*
- 3. Imagine drawing in your renewing emotion, quality, or attitude on each breath*
- 4. Project yourself into the next segment of your day, taking that positive quality or emotion with you*

Technique #3: Mindfulness Body Scan Technique

*An effective tool to bring calm and ease to the body and mind

*It is a powerful and healing form of meditation.

Gratitude Body Scan Steps:

Follow the Gratitude Body Scan Meditation included in this training, or use this YouTube link:

https://youtu.be/jh_K-U4hlno



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