

CALMER LIFE

Session 4

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Resources

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Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of the Calmer Life course

We'll look at where stress comes from, and the tools needed to deal with it.

WHAT DOES SUCCESS LOOK LIKE at the end of the course? I want you to feel empowered and knowledgeable about what right for your own journey to a calmer life. I'd like you to have a toolkit and ideas to turn to when things get stressful. And I'd like you feel you have a little more perspective on the stress you experience.

Tone your vagus nerve

If there is a single key to health and happiness, it may be the vagus nerve. This nerve, or more accurately, bunch of nerves, connects most of the major organs between the brain and the colon and moderates our fight or flight response.

The vagus nerve responds to 'messages' from our breath, relaxing our heart rate and lowering stress levels when breath is slow and calm, speeding them up when our breathing rate spikes. All these actions stimulate the vagus nerve - try one, or all, of these this week:

Deep, rhythmic breathing (try breathing in for five counts, out for five counts)

Laughing has a similar effect – let's laugh

Cold showers ESP OVER BACK OF NECK AND SHOULDERS

Humming. The vagus nerve is connected to the vocal chords so humming a tune, or a low 'om' stimulate it.

SELF-MASSAGE FOR THE VAGUS NERVE:

1. Place your hand below your sternum or breastbone. Make gentle downward stroking movements—moving your hand down toward your abdomen. Repeat this movement for a few minutes, cycling one hand over the other in a backward bike-pedaling-like motion.
2. Next, use your fingertips to make small circular motions on your abdomen. Start massaging the sides of your abdomen and slowly work your way inward and downward. Go progressively deeper, using a firm but comfortable amount of pressure. Continue this abdominal massage for several minutes.

Create positive affirmations around stress and calm

We use affirmations to instil healthy and positive beliefs in ourselves. SO CREATING AFFIRMATIONS AROUND CALM, BELIEVING WE ARE CALM, MAKE A DIFFERENCE. What can we create an affirmation around?

I am feeling positive about being calm?

I can be calm ?

I am ...

I am ...

I am ...

If it is hard to jump straight in to a positive, try the middle ground:

I am WORKING ON believing ...

I am GROWING IN ...

I am STARTING to believe ...