

3 Scientifically proven, simple techniques you can implement immediately to help calm your body and focus your mind.

I know you are busy. Probably a bit stressed, too. One thing I have learned over the past 30 years in the holistic healing world is that you can address the **tension**, **chatter**, and **worry** in your mind by simply creating small shifts in the body. It's so easy. Not only is it possible to feel an immediate shift, but science is now catching up to help validate the phenomenal results people like you and me can achieve by simply taking a brief moment to connect within.

Here are 3 helpful tips to support you during your day:

1

Chest Up!

In one of the most watched Ted Talks in history, Harvard Business School professor and social psychologist, Amy Cuddy shares how adopting a “power stance” has the potential to alter your internal chemistry which in turn could help shift your mental state. She uses my favorite superhero, Wonder Woman, to illustrate her point:

“...we can use our bodies to get to personal power. A mountain of evidence shows that our bodies are pushing, shaping, even leading our thoughts, feelings, and behaviors. That the body affects the mind is, it's fair to say, incontestable.”¹

Try this: Stand tall, lifting your chest high, feet planted on the floor. Place your hands on your hips and hold this posture for as close to 2 minutes as you can. It only takes this long for the hormonal turn around to replace feeling powerless and subordinate in your life's circumstances to courage, being in the present moment and improving performance.

¹ Amy Cuddy, *Presence. Bringing your boldest self to your biggest challenges*

2

Breathe In, Breathe Out

You do this all day long. However, bringing awareness to your breath can be an immediate meditative break from it all. Dr. James Gordon, Harvard-educated psychiatrist and former researcher at the National Institute of Mental Health and Chairman of the White House Commission on Complementary and Alternative Medicine Policy, has taught thousands of people how to mobilize Hope through the simple act of breathing softly into the belly. This activates the vagus nerve helping you in “relaxing the large muscles in your body, slowing your heart rate, decreasing your blood pressure, and improving your digestion.”²

Try this: Breathe slowly and deeply, in through your nose and out through your mouth, with your belly soft and relaxed. Can you give yourself 2 minutes?

3

Make Contact

You can access the healer within by simply connecting with touch. When we feel stressed and overwhelmed things tend to be amplified. Taking the time to find the area of tension in the body and acknowledging it can do wonders in diffusing the charge. Dr. Donald Epstein, founder and developer of Network Spinal Analysis has taught thousands of chiropractors and chiropractic students how to promote greater health, joy and well-being by reconnecting with the natural, internal rhythms of the body. In his book, “The 12 Stages of Healing. A Network Approach to Wholeness” he relies on touch as a powerful tool to integrate what you are feeling.

Try this: Next time you feel anxious, sad, angry, frustrated, pause... Do a body scan by focusing your attention on the top of your head and slowly scroll downwards. Where do you feel tightness, tension, churning, yucky?

The back of the neck? Throat? Chest? Belly? There is no right or wrong answer. Gently bring your hand to that area and acknowledge it. The key thing is you are not trying to change it or fix it. Simply acknowledge it. Add the soft belly breathing for a double dose of relaxation!

² James Gordon, *The Transformation*



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