



Session # 7: Action Guide

Relaxation and better digestion

Stress and Metabolism

Parasympathetic

- Feel and Heal
- Rest and Digest
- Metabolism Goes Up
- Fat Burning

Sympathetic

- Stress Response
- Digestion Shut Down
- Metabolism Slows
- Fat Storing

Top 3 Relaxers

- 1.
- 2.
- 3.

Top 3 Stressors

- 1.
- 2.
- 3.

Action Steps

This week, practice slowing down...

- Take 10 deep conscious breaths before every meal (try the 5-5-7 breath)
- Engage the senses as you eat. Smell the food, enjoy the visual aesthetics of it, feel the texture in your mouth, savor the flavors.....slow down.
- If you eat breakfast in five minutes, make it 10. If you normally take 10 minutes, bump it up to 15.
- Give yourself at least 20 minutes for lunch and dinner - practice The 20-Minute Meal
- Arrange your home and work schedules as best as you can to provide yourself with more time. **Commit to providing yourself the gift of more time at each meal.**
- As best you can, enroll your family, co-workers, and boss in creating more time and relaxation with meals.
- Relax into the chaos throughout the day. Move in the zone. You do this by engaging the senses.



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Tricking Your Nervous System To Think You Are Relaxed

The 5-5-7 breath shifts you from a state of low digestive activity to full digestive force.

At every meal or snack, any time food is about to pass across your lips ask yourself, “Am I about to eat under stress?” If the answer is yes, pause. Then take 10 long slow deep breaths using this simple method.

Inhale for a count of 5, hold at the top for a count of 5 and exhale for a count of 7. Let the exhale be a bit longer than the inhale.

As you continue this conscious breathing, scan the senses. The scent of the air in your nose, the red and oranges of your eyelids, your taste buds, the feeling of your butt on the chair and your feet spread wide on the earth, the sound of my voice. Inhale... hold... and exhale. Keep breathing and scanning, tuning in with a heightened awareness. Repeat 10x.

Other action steps you are continuing or upleveling:

AHA'S/Notes:
