



## Session # 7: Action Guide

Secrets to Optimal Being

### Top 3 Relaxers

- 1.
- 2.
- 3.

### Top 3 Stressors

- 1.
- 2.
- 3.

### Tricking Your Nervous System To Think You Are Relaxed

The 5-5-7 breath can elicit the relaxation response in your body. When you realize you are stressed, pause and bring your awareness inward. There is no judgment here. You are safe and you now have the opportunity to prove to yourself that you ARE in control. 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. Inhale... hold... and exhale. Keep breathing and scanning, tuning in with a heightened awareness. Repeat 10x.*

### Action Steps you are continuing or upleveling:

- 1.
- 2.
- 3.

### AHA'S/Notes:

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