

Activating Your Parasympathetic Nervous System

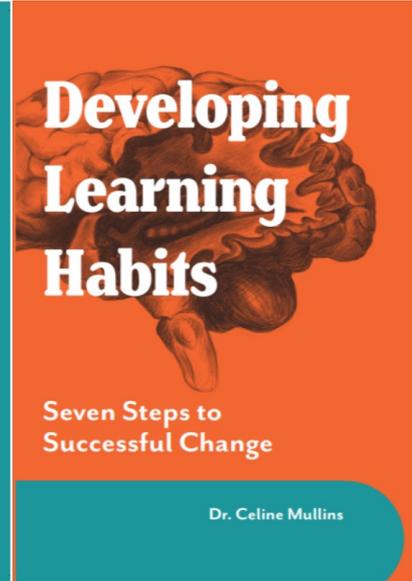
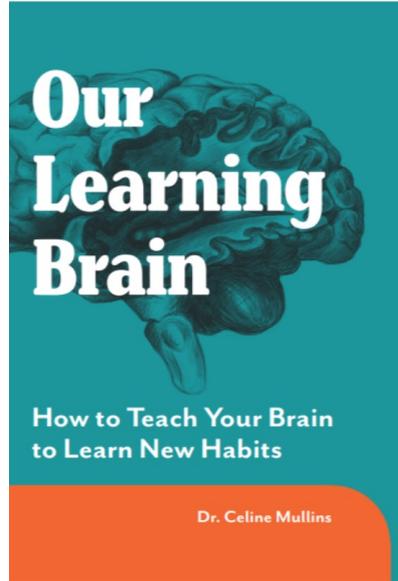
- Meditation
- Yoga
- Tai Chi
- Moderate Physical Exercise
- Prayer to 'a loving god' – not one that makes you feel bad
- A walk in Nature (Or looking at Nature and focusing your breath on that rather than on your list of To-Dos)
- Focusing on HOPE about the future
- Being in a loving stable relationship
- Helping those less fortunate
- A pet: contagion (pet the animal and it will activate their Parasympathetic Nervous System, and in turn it will activate yours)
- Playfulness/ joking/ laughing
- Identifying your Strengths and utilising them
- Thinking about somebody who loves or cares about you and/ or who you love and care about

Book Recommendations

- **Your Body is Your Brain** by Amanda Blake
- **The Art of Changing the Brain** by James Zull
- **Body Sense: The Science and Practice of Embodied Self-Awareness** By Alan Fogel
- **Restorative Embodiment and Resilience** By Alan Fogel
- **Helping People Change** By Richard Boyatzis, Melvin L Smith & Ellen Van Oosten
- **Developing Learning Habits** by Dr. Celine Mullins

Buy Now on
SuccessStore®

Available at
amazon



Skills For Growth Programme with Celine & Colleagues

Next Programme Kicks Off January 2022

Register your interest at:

adaptastraining.com/skills-for-growth

- Build better habits
- Grow Confidence
- Overcome Procrastination

