

INSTANTLY RELAX AND BOOST YOUR IMMUNITY
WITH AN AROMATHERAPY BREATHING EXERCISE



HACK YOUR STRESS RESPONSE

Benefits for your mind and body



IS IT EVEN
POSSIBLE?



YES!

By stimulating your vagus nerve you can
bring your nervous system down from the
Fight, Flight or Freeze response, into Rest
and Digest mode

What is the Vagus Nerve?

The vagus nerve is the longest nerve in in your body and it connects your brain to most of your organs and your intestines.

Because of this,the vagus nerve is your key to boosting your immune system, decreasing the stress response, and mitigating the damage that stress does to your body.

As an added benefit, activating your vagus nerve helps you tap into your intuition and your "gut feelings".



WAYS TO STIMULATE



THE DIVING REFLEX

By splashing cold water on your face, or applying a baggie of ice to the front of your face, while you hold your breath.

This slows the heart, increases blood flow to the brain, reduces anger, and relaxes the body.

Alternatively, you can drink and hold warm water or another liquid in your mouth and feel the sensation of the liquid on your tongue.



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CONSCIOUS BREATHING


Vagus nerve stimulation occurs when we slow our breaths from the typical 10 - 14 breaths per minute to 5 - 7 breaths per minute.

You can achieve this by inhaling to a count of 4, hold briefly, then exhale to a count of 8.

You can further stimulate the nerve by adding a vibrating such as a hum, or by pursing your lips together as if blowing out many candles.

WAYS TO STIMULATE





ADD AROMATHERAPY FOR ADDED BENEFITS

THE SCIENCE OF SMELL

Scents bypass our conscious brain and go straight to our memories, emotions, and subconscious reactions.

REPEATED EXPOSURE

By practicing a relaxation exercise using only one scent or blend, you can train your body to respond in the presence of that scent.

OIL CONSTITUENTS

Many oils have properties to them that when absorbed, can directly affect your nervous system or digestion.

CHOOSING AN OIL

- Cedarwood
- Clary Sage
- Cypress
- German Chamomile
- Lavendar
- Pine Needle
- Sweet Orange
- Rose
- Vetiver

When picking an oil or a blend, it is more important to choose one with a scent that YOU find to be calming and relaxing.

Here is a list of a few oils that have a calming effect on the nervous system. If you have never used aromatherapy, start with one of these.

Vagus Nerve
Aromatherapy
Breathing Exercise



Getting Started

I

CHOOSE YOUR OIL

Remember to find a scent that reminds you of something relaxing, or that you enjoy. Try to use the same scent each time.

2

PREPARE THE OIL

Apply the oil diluted to your skin, use a scented lotion, diffuse the aroma into the room, use a locket or nasal inhaler.

3

GET COMFORTABLE

You can either find a place to lay down, or sit in your favorite chair. The key is to be able to relax and stay focused.

4

REMOVE DISTRACTIONS

Be sure that you are in a place where you will not be disturbed.

Start with the Scent

Inhale slowly and focus on the aroma.

Clear your mind of all other thoughts and allow the aroma to take you to a peaceful happy place.

After your next inhale, enjoy a long deep exhale as you focus more deeply on the details of the peaceful place or the depth of the aroma.



Bring awareness to your breath

Bring your awareness to where you breathing is located. Are you breathing in your chest, your belly, or both?

Place your hand on your belly and as you inhale, feel your belly move and breath into where your hand is.

As you inhale, imagine the air filling up your body from the bottom up. From where your hand is up to the top of your chest.

Enjoy a few breaths as you feel your belly move.



Now begin to time your breaths

The key here is to make the exhale longer and to slow the rythem of your breathing.

Inhale and silently count to 4

Exhale and silently count to 8

When you exhale, do so through pursed lips as though blowing out many candles, or add a hum in the back of your throat, such as the yogic Om.



Feel your body and mind relax

Continue this inhalation/exhalation cycle about 10 times. You can easily track these cycles on your fingers.

If your mind begins to wander, gently bring it back to the task, or the scent.



Return to the world

After the 10 cycles, bring your awareness back to the scent you have chosen.

Take a regular cleansing breath, not worrying about where or how long it is.

Bring your awareness to the rest of your body.
Slowly start to move your body.

Take note of how your mind and body feel right now.



SNAP OUT OF STRESS INSTANTLY



EVERYDAY HACK

KEEP THE SCENT ON YOU

The smell of the oil will trigger the subconscious and bring you back to a relaxed state.

USE THE 4:8 BREATH

If you feel stress creep in, inhale to 4, exhale to 8, track 10 cycles on your fingers.



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GET IN TOUCH

FOR QUESTIONS AND FEEDBACK