



Relaxing PNS ACTIVITIES

Our body's 'stress' and 'rest' responses are controlled by the *Autonomic Nervous System* which is made up of two divisions. Our 'fight or flight' response is controlled by the *Sympathetic Nervous System (SNS)* and our 'rest and digest' response is activated by the *Parasympathetic Nervous System (PNS.)*

With the constant stressors of daily life, most of us spend the majority of the day stuck in a sympathetic state of stress which in time wears down our mental and physical wellbeing. However, taking dedicated time on a daily basis to tap into our body's innate relaxation response (PNS) can help us "turn off" the stress response and cultivate balance in the mind and emotions and deep healing of the body.

Try some of the activities listed below to get your body and mind into this beneficial and healing state!

Daily

- Go for a gentle walk
- Practice Meditation
- Do a Yoga Nidra
- Practice deep breathing
- Listen to Binaural Beats
- Take 3 deep breaths of your favorite essential oil
- Listen to calming music or sing
- Practice gentle yoga
- Qi Gong or Tai Chi
- Pet or cuddle your pet
- Get enough sleep

Weekly

- Take an Epsom salt bath
- Give yourself a self-massage
- Get out into nature
- Do something you enjoy like a favorite hobby
- Light exercise
- Music or dance therapy
- Do something creative
- Watch the sunrise/sunset
- Meet with friends or family members you love
- Listen to an inspirational podcast or video

Monthly

- Float tank therapy
- Get a Reiki session
- Go to Acupuncture
- Get a gentle massage
- Hand or foot reflexology
- Try Hypnosis
- Attend a Sound Healing
- Go on a weekend holiday or camping
- Try Theta Healing
- Watch a feel-good movie or light-hearted comedy

GOAL: Aim to enter into a deeply relaxed parasympathetic state for at least 15 minutes per day!

