



Parasympathetic

Calm

X

Sympathetic

Excited



Most people begin somewhere based on their personality (our system goes up and down depending on the events of the day)

State of being:

Sleep/calm/few stress chemicals

Adrenalin Rush/Sleep deprivation/stress chemicals surging

The entire system rises and falls together: you can't have stress with no increase in muscle tension or other chemical effects!

Effects of nervous system status:

Boosted immune system
Less body pain
Improved health
Good digestion
Excellent tissue healing
Elevated mood
Optimal weight
Brain at peace
Excellent memory
Muscle with normal tone and pain free

Decreased immune system
Chronic pain and pain syndromes more likely
Diseases more likely
Poor digestion and GI dysfunction more likely
Poor tissue health and slow healing
Anxiety, depression, anger
Weight gain more likely
Brain threatened
Poor long-term memory
Increased muscle tension with many tender points

What actions can YOU take? What Feeds these states?

← What tugs your system down?

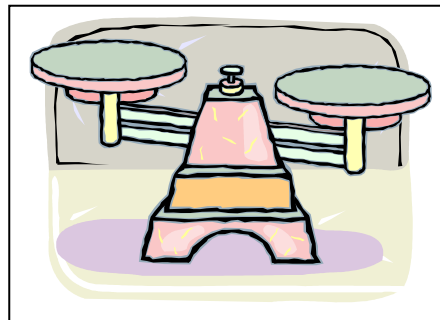
WE NEED 20 MIN OF THIS PER DAY TO BE HEALTHY!

- Healthy relationships with good boundaries
- Being grateful—keeping a grateful journal
- Time to think and reflect
- Prayer and meditation; silence
- Health
- Rocking (rocking chair, foam roller)
- Warm drinks
- Hormones in balance
- Worry-free
- Deep, diaphragmatic breathing
- Exercise
- Massage

What drags your system up? →

DECREASE THESE AS MUCH AS YOU CAN

- Stressed relationships with poor boundaries (See book, Boundaries)
- Worry with thoughts focused on what is wrong, what is missing
- Rushing and busyness
- Constant noise with no silence
- Pain and disease
- Watching movies or shows with violence
- Caffeine (especially after lunch)
- Hormone imbalance
- Stress
- Holding breath, shallow breathing
- Lack of activity
- No action to reduce muscle tension



The most important currency in life is time and energy