

Daily Patterns for Stress Release

Seven Tips: ways to release stress from your brain and body.

Ellen With Grace: Practical Tips

ELLENJANZEN.COM

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The Hand Brain Model

by Tina Payne Bryson & Daniel Siegel

Three Parts of the Brain:

- Brain Stem
- Emotional (Limbic) Brain
- Thinking Brain

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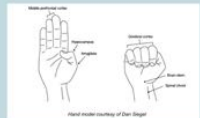
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The Hand Brain Model

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- Brain Stem
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The Hand Brain Model  
by Tina Payne Bryson & Daniel Siegel

Three Parts of the Brain:

- Brain Stem
- Emotional (Limbic) Brain
  - Central portion of your brain
  - Well developed at birth
  - Contains the Almond/Amygdala
    - Fight/Flight/Freeze
    - When activated, this turns off the
- Thinking Brain

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Our tips are designed to get you out of the fight/flight/freeze mode and back into your thinking brain.

See a therapist if you have PTSD or trauma history or if all of this feels completely overwhelming.  
If seeing a therapist feels too scary (alarming) to you...maybe we are the bridge to get you to feel safe enough to make that important step.

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**TIPS:**

**Physical movement**

- make it fun
- change your heart rate
- aim for 20 minutes

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**TIPS:**

Physical movement

**Breathing- Square**

3 repetitions

- 5 counts in
- 5 counts holding
- 10 counts out
- 5 counts empty

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**TIPS:**

Physical movement

Breathing-reps

**Positive Social Interaction**

- any time, any where
- fleeting
- more lifeguards than sharks

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**TIPS:**

Physical movement

Breathing-reps

Positive Social Interaction

**Laughter**

- big belly laugh
- watch a funny movie

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**TIPS:**

- Physical movement
- Breathing-reps
- Positive Social Interaction
- Laughter

**Affection**

- 6 second kiss
- 20 second hug
- connection to pet

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**TIPS:**

- Physical movement
- Breathing-reps
- Positive Social Interaction
- Affection

**Connected to Something Bigger**

- faith community
- prayer
- friend on a phone

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**TIPS:**

- Physical movement
- Breathing-reps
- Positive Social Interaction
- Affection
- Connected to Something Bigger

**Big, Heart-felt Cry**

- don't ask why—just cry
- watch a movie or read
- doesn't have to feel about you

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**TIPS:**

- Physical movement
- Breathing-reps
- Positive Social Interaction
- Affection
- Connected to Something Bigger
- Big, Heart-felt Cry

**Creative Expression**

- painting, music
- colouring, dance

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How do you know  
if you have  
completed  
a stress cycle?

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How do you know  
if you have completed  
a stress cycle?

**Savouring the moment:**  
**Just that 1.5% improvement**  
**Finding Joy in the small things**

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Not Compulsive  
best: 20 minutes a day  
6 days a week  
make a list:  
(Check off the list)  
breathe  
drink coffee  
move  
eat chocolate

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Be Kind.  
Be kind to yourself:  
Take a moment  
for simple pleasures.

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**RESOURCES:**  
  
**The tips for today's talk were taken from a book by two sisters:  
Burnout The Secret to Unlocking the Stress Cycle" by Emily Nagoski, PhD & Amelia Nagoski, DMA**

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Stress Release and Emotional Expression with Grace from [ShoutYourGrace.com](http://ShoutYourGrace.com)

## Shake it Off

### Square Breathing

Think of your breath going in and out on sides of the square and the ends on "holding" —

- Count to five and breathe in deeply.
- Count to five while holding your breath.
- Count to TEN while letting out your breath (the square is tapered) and be sure to engage your diaphragm.
- Count to five on an empty lung state.

### Game of SHAKE IT OFF

At the beginning and the end we will do square breathing.

to play you need two shakers, vitamins, vitamins or medication bottles work great

1. square breathing, 3 cycles, remember that first sigh with your voice.
2. shake with a waltz, happy feeling in your expression and with your mind on something that you wish you had more of.
3. shake that feeling down through your whole body and out your feet, planted on the ground.
4. shake with a humming feeling in your expression and with your mind on something or someone that has been an obstacle and challenge to you.
5. shake that feeling down and out your feet, planted firmly on the ground.
6. shake with a waltz, happy feeling in your expression and with your thoughts going out with a wish for someone else or the world at large.
7. shake that feeling down through your whole body, paying attention to every part of the body as you shake it off.
8. square breathing to close. Remember that first sigh with your voice.

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