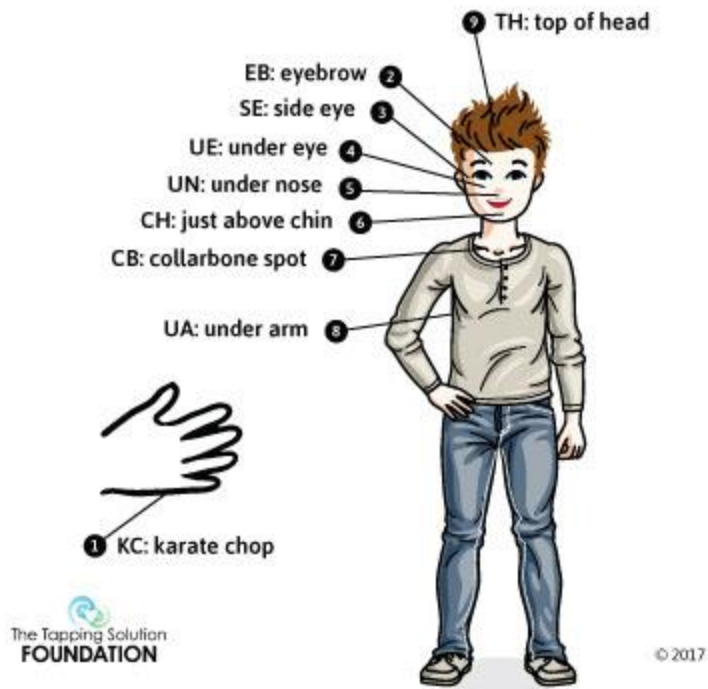


1. General Adaptation
  - a. Alarm phase- fight or flight response
  - b. Resistance phase- stress continues despite acute stress being resolved, cardiovascular and adrenal issues begin to accelerate
  - c. Exhaustion phase- body collapse and chronic illness
2. Brain and stress
  - a. Amygdala- responsible for the response and memory to emotion especially fear and anxiety. The smaller the amygdala is the less reactive you are to stress.
  - b. Prefrontal cortex- looks for an explanation for our stress and helps us to think about and process information coming from our senses
  - c. Hippocampus- involved the rhythms of the adrenals and the management of cortisol (a stress hormone)
  - d. Sympathetic nervous system- fight or flight
  - e. Parasympathetic nervous system- relaxation response
3. Activating a relaxation response
  - a. Connecting the mind and body- body scans, stretching and exercise
  - b. Breathing
  - c. Self-reflection- Meditation, Affirmation, Prayers, Chanting
  - d. Reframing- journaling, gratitude practices
  - e. Acceptance and adaptation
4. Diet
  - a. Basics- protein three times a day, focus on complex carbohydrates, fruits and veggies of all colors
  - b. Avoid/Use moderation- refined sugar, alcohol, processed food, gluten, dairy, caffeine
  - c. Stress relieving foods- Green leafy vegetables, Turkey, Oatmeal, Yogurt, Salmon, Berries, Dark chocolate (60%+), Nuts & seeds, Avocado
5. Herbal medicine to support and relax the nervous system- Chamomile, Green Tea, Tulsi (Holy Basil), Rhodiola,
6. Vitamins & supplements- B complex, Fish oil, Magnesium, Vitamin C, Probiotics
7. Aromatherapy- lavender, lemon, rose, bergamot
8. Acupressure and tapping for stress
  - a. Identify the stressor and give it a number of stress on a scale of 1-10
  - b. Create an affirmation and begin to do your tapping



- c. Tap each point 3-7 times on the right and left
- d. What scale is your stressor now?

9. Resources

- a. Websites- <https://www.tappingsolutionfoundation.org/howdoesitwork/> , <https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/default.aspx> , <https://onbeing.org/series/podcast/>
- b. Authors- Pema Chodron, Tara Brach, Dali Lama, Hanson (Buddha Brain)
- c. Apps- Buddify, Calm, Insight Timer, Calm