

Week six

CHECKLIST

COMPASSIONATE WISDOM COURSE

Mind Body Connection

- Acute v. Chronic Stress
- Chronic Stress in Detail (Adrenal Fatigue, Cortisol and Stress hormones)
- Eustress or Distress (watch a short video on the Yerkes-Dodson Law)
- The Vagus Nerve and Forest Bathing
- What are your early-warning signs that you are "tipping over" into distress?
- Limbic brain and social change: Why do we need body-awareness to have agency?

Workbook

- Edge States, Automatic Response
- Write your own Body Story alone or with a Partner
- TRACKERS - MEOW & Gratitude