

10 simple ways to press RESET



How and What We See Changes Our State

Adjusting both how and what we're looking at can have a profound impact on our nervous system! New and emerging neuroscience research is providing a deeper understanding of visual stimuli's impact on the brain. It's fascinating to consider that the retina is the only part of the brain outside of the skull and that it provides direct access to the nervous system, circadian rhythm and hormone production.

We have dedicated brain circuitry for narrowly focused vision and separate pathways for dialed-out panoramic vision which correspond to our level of autonomic arousal: higher arousal for focused gaze and lower for de-focused. We're actually able to take in more visual information (particularly movement) with expanded sight, accessing a level of calm alertness where our perception of space and time is more broad, allowing for

In this way our biology is at odds with the culture's short-range visual dominance living indoors and with ubiquitous screens. Shifting not only *what* we're looking at but *how* could counteract this by quite literally expanding the view of the world around us, broadening our sense of possibility, creativity, agency.

Gazing at a real horizon is preferable to shift into panoramic vision but looking out the window or even imagining/visualizing an expansive view is better than nothing! Allow yourself to take in the big picture and wide perspective with de-focused eyes, feeling the openness, possibility and fluid sense of time and space. Stack breathing with it and even earthing (barefoot on ground) when possible.

Horizon viewing is a powerful reset



Bates method relaxed standing twists



Allow arms to swing freely and the body to follow in slow standing twists while you scan the horizon as you move. Go as slowly as you need in order for your eyes to remain open (slow down or briefly close if dizzy) Allow the gaze to wander with no one focal point as the body relaxes into the movement.

Eye Massage



hold steady pressure and small fingertip circles under the center of the eyes on edge of bone/ socket



steady pressure and small fingertip circles on bone/ socket at outer corners of eyes



Lightly hold fingertips directly on center of the eye over lid to trigger the oculocardiac reflex, a vagus nerve stimulation to lower heart rate and invite relaxation response



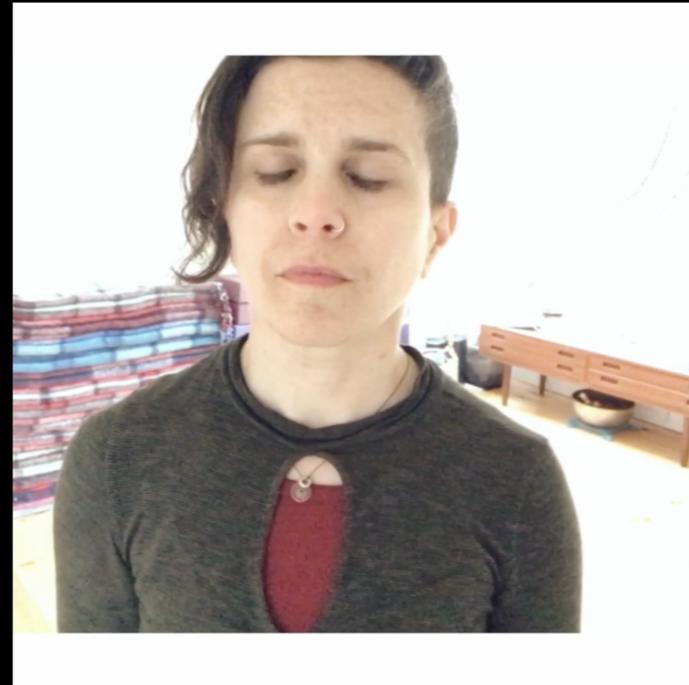
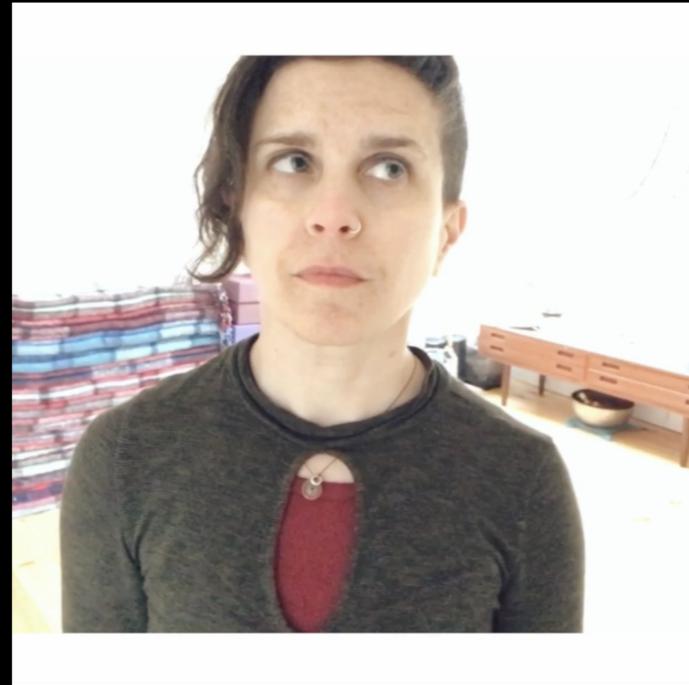
Apply pressure to inner corners of eyes/bridge of nose (I use my thumbs) followed by strokes along the brow ridge

Palming



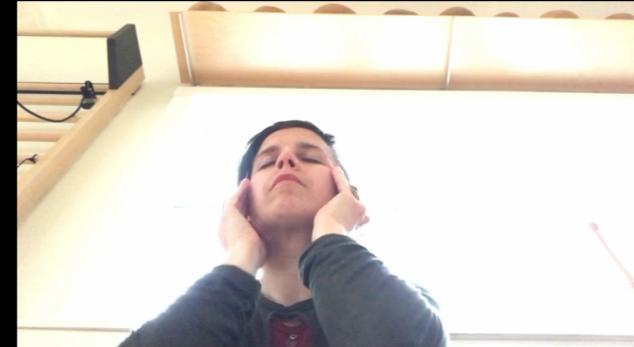
Temporarily blocking all visual input can reduce stimulation and anxiety, relax facial tension, relieve eye fatigue/strain and even improve vision according to the Bates Method. Make a complete seal over both eyes with hands. Can rest elbows on a desk or table. I recommend about thirty seconds

Blinking two ways



1. Rapid blinking (I do it for 10-20 seconds) can lubricate the eyes, reduce eye strain and increase alertness. (try at a rest stop during a long drive)
2. Slow blinking can de-focus (similar to panoramic) and offer extraocular eye muscles some much needed variety after being in one position most of the time

Self-administered Face Massage



There are a great deal of facial massage videos on YouTube so that's a great resource! I also recommend experimenting with various kinds of strokes, taps, various speeds and directions of strokes. Because it is a powerful leagues nerve stimulation face massage can elicit a potent and immediate relaxation response. It's a great way to chill out with only a few minutes to spare. Do it dry or use a little oil like jojoba or coconut. This is also great for draining lymph, reducing inflammation and improving immune function.



Expanding Peripheral Awareness



Focus ahead with a soft gaze and Imagine a big frame or circle around you. Wiggle fingers at various intervals around it's borders starting further back out of visual field and moving the hand forward until the movement registers in your awareness. As soon as you see your fingers, move to a different spot. Notice the shift in your posture (more upright and open) and nervous system in general as this simple exercise may also help you feel more safe (predictive sensory mechanisms honed- your brain is all about survival!) in the environment on a subconscious level. It's also a welcome counter-measure to screen time.

Alternate nostril breathing



1
Close the right nostril. Exhale through the left, and inhale to a count of 4.

2
Close the left nostril as well, and retain the breath to a count of 16

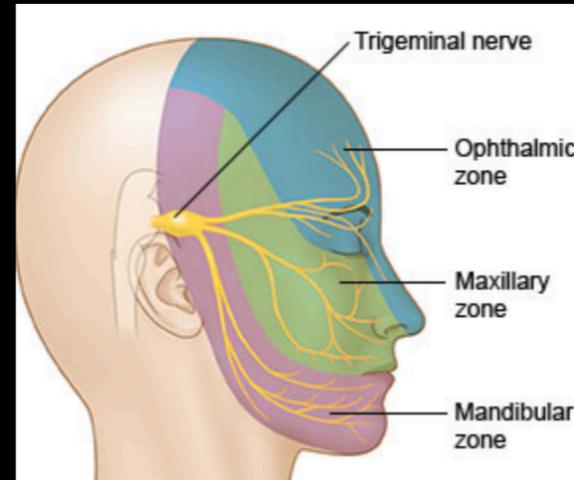
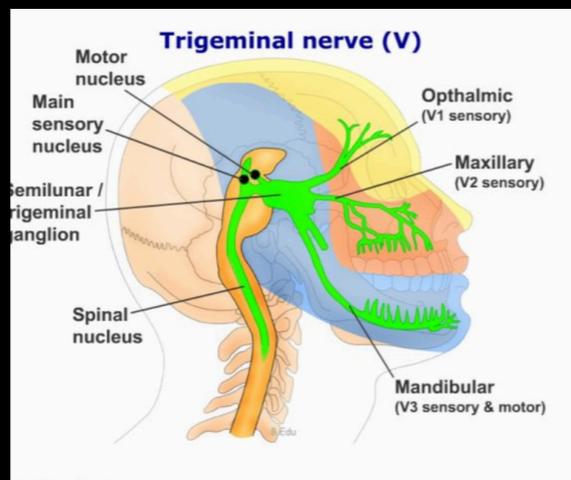
3
Release the right nostril, and exhale fully through it to a count of 8.

4
Keeping the left nostril closed, inhale through the right to a count of 4.

5
Close both nostrils and retain the breath to a count of 16.

6
Release the left nostril, and exhale to a count of 8 to complete one round.

This can be done covertly by simply imagining you're closing one and then the other nostril alternately, bringing awareness to sensation at the nasal passages and balancing O₂/Co₂ levels in the blood for calm alertness. Favor the exhalation to reduce stress response.



trigeminal nerve mobilization

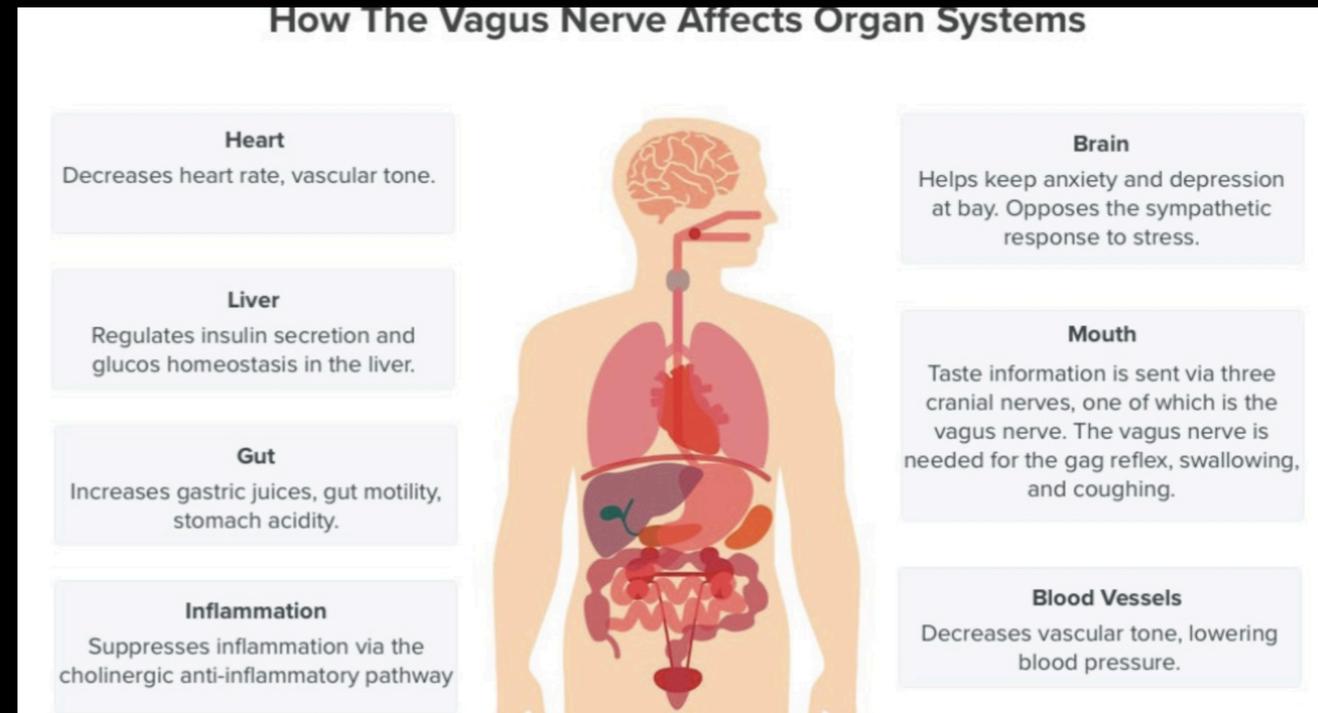
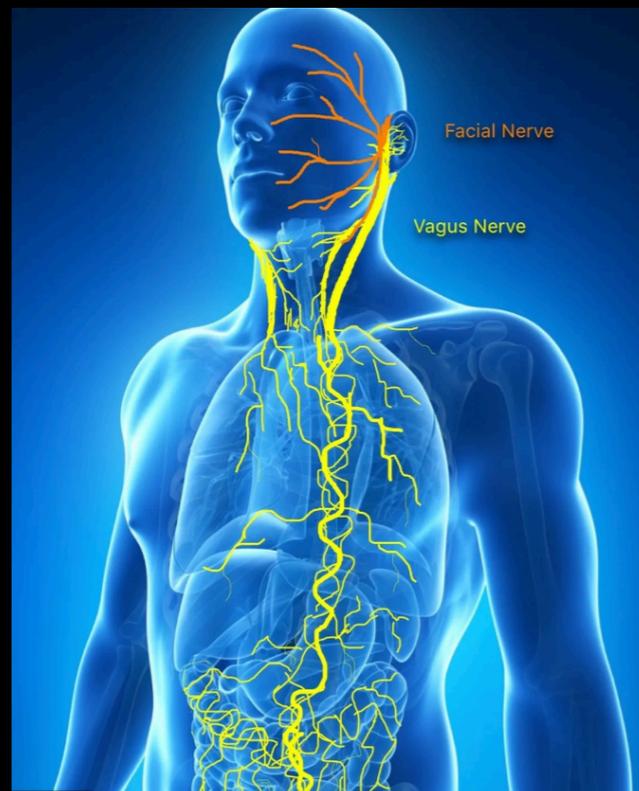


Tip ear to shoulder, open lower jaw and slide it downward laterally toward the side to which you're tilting the head. Slide it back to neutral and laterally a few times to tension/slacken the nerve. You'll feel it in side of face and jaw and it can be very helpful for reducing strain from jaw clenching and general facial tension.

Humming/Singing



Humming, singing and even gargling tone the vagus nerve. This nerve contributes heavily to the parasympathetic rest and digest branch of the peripheral nervous system

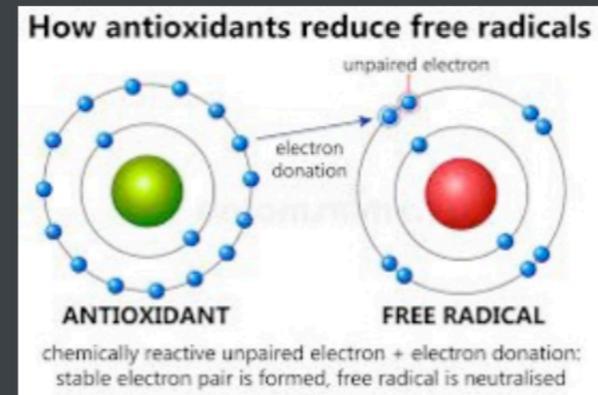


The vagus nerve, or the wandering nerve has four entrances/exits on its path between the head and neck, the heart and lungs, the gastrointestinal system and the pelvis. At every junction in the body, the vagus nerve seeks to bring us some form of safety.

The vagus starts in the right and left sides of the brain stem and exits on both the right and left side of the neck, going underneath the sternocleidomastoid muscle. The ears, face and throat are connected to the vagus contributing to smiling, vocalizing and swallowing and then to the heart, aorta and lungs to regulate our heartbeat at a steady 70 bpm and monitor oxygen levels in the blood.

From there, it enters the abdomen as it goes below the respiratory diaphragm, hitchhiking on the back and front of the esophagus. Both branches connect with just about everything in the abdomen to co-regulate many metabolic and physiological functions.

EARTHING



When bare are feet or skin comes in contact with the earth, free electrons are absorbed

- **cope and repair**
- **vitality**
- **better sleep**
- **stabilizes the body's basic biological rhythms**
- **knocks down (and even knocks out) chronic inflammation**
- **reduces and eliminates pain**
- **anti-inflammatory and anti-aging**