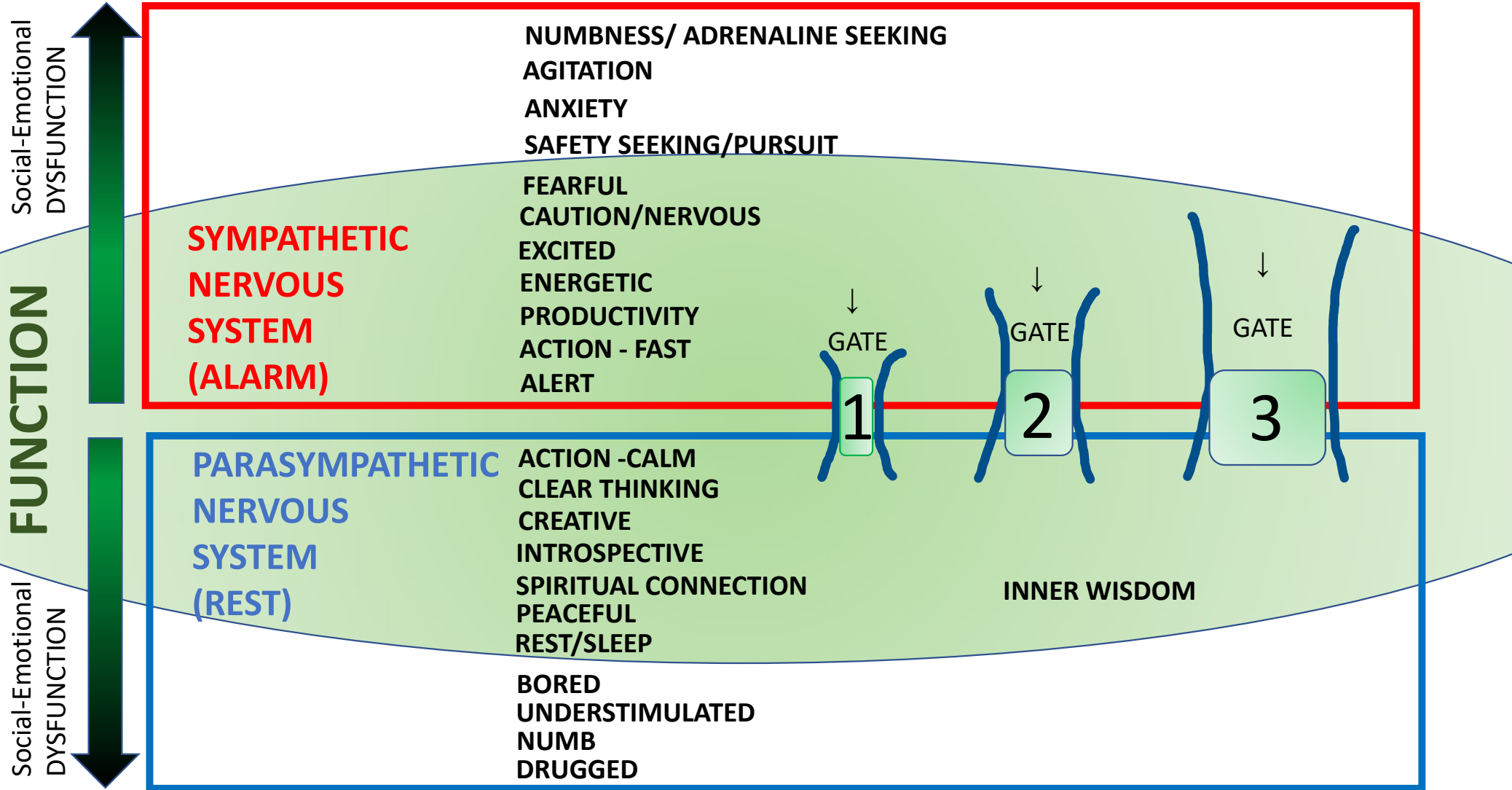


MENTAL & EMOTIONAL HEALTH MAINTENANCE PLAN

Alyson Reid-Larade

How to BE Your Own Hero www.BYOH.ca



Paths to Parasympathetic (Brain's RESTING State)

1. Calm	2. Stimulate	3. Release
<p>Direct Mindful Path</p>	<p>Over-stimulation slows the sympathetic when activity is over</p>	<p>Let out emotional energy</p>
<p>Breathe deeply Rest Reading Mindfulness Solitude (away from devices too) Pray Meditate Massage Sleep/Nap Hugs Positive self talk Smiling Walking Nature Be with Animals Singing Calming music Yoga Tidying/organizing Focus on a task Relaxing vacation or day off</p> <p>IF PATH #1 WORKS – GREAT! IF NOT, TRY PATH #2 -></p>	<p>Exercise Intense Exercise Sports Games Action movies Watching sports Upbeat Music Dancing Fun/Laughter Funny movies/videos Social event Adventure event (ie rock climbing or rock wall indoors gym) Adventure vacation</p> <p>IF PATH #2 WORKS – GREAT! IF NOT, TRY PATH #3 -></p>	<p>Talk it out Write it out Seek Help Journaling Counselling Therapy</p> <p>Tears (with socially Safe person and/or in socially Safe place) Cry- Really Bawl</p> <p>Can't cry? Try using Sad Music, Sad movies</p> <p>Neurology of tears: crying is the reset button that releases pent up emotion in your brain <i>-Dr Gordon Neufeld</i></p> <p><i>After release your Pre-Frontal Cortex is accessible and functioning well – clear thinking is occurs here</i></p> <p><i>Tears will reset you, and allow for clearer thinking and rest</i></p>

-source, www.BYOH.ca
 A. Reid-Larade, 2019