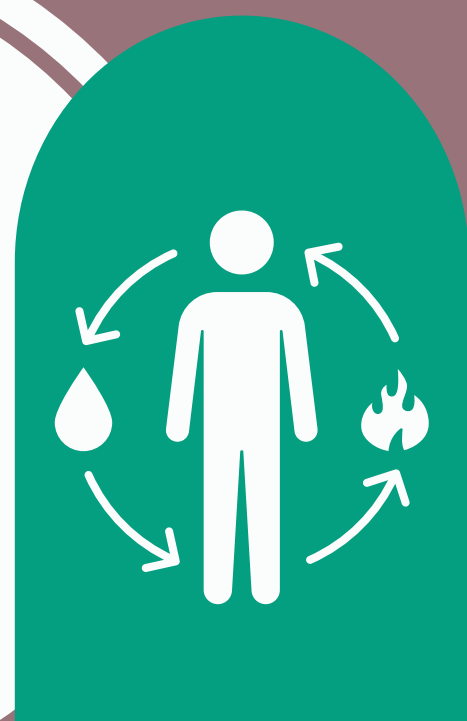


INTERRUPT & RESET 3 STRATEGIES FOR LONG-TERM WELLBEING

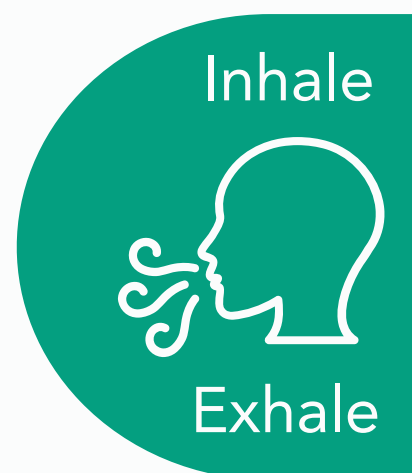


Restoring ourselves to homeostasis after a stress response is crucial for maintaining physical and mental health. Chronic stress disrupts this balance, leading to issues such as anxiety, depression, and weakened immunity. Effective coping strategies help re-establish homeostasis, promoting recovery, resilience, and overall well-being. By managing stress and returning to equilibrium, we ensure better long-term health and improved quality of life.



1 BIOLOGICAL INTERRUPTION - BREATHE

Inhaling helps regulate anxiety by activating the sympathetic nervous system, increasing alertness and focus. **Exhaling** regulates a frozen state by engaging the parasympathetic nervous system, promoting relaxation. This balanced breathing restores homeostasis, calming the mind and body.



2 PHYSIOLOGICAL INTERRUPTION - SHAKE

Shaking your body or parts of your body, helps discharge pent-up energy and tension, activating the parasympathetic nervous system. This physical release can reduce stress, lower cortisol levels, and promote relaxation. By restoring the body's natural balance, shaking aids in returning to homeostasis, enhancing emotional and physical well-being.



3 MENTAL INTERRUPTION - VISUALIZE

Interrupting stress within the first 17 seconds of a negative thought by visualizing something positive can prevent the escalation of stress responses. This practice helps rewire the brain by creating new, positive neural pathways, reducing anxiety, and promoting calm. It aids in restoring homeostasis, enhancing emotional stability and resilience.

