

The ART of Resilience:

Thriving in Change and Challenge



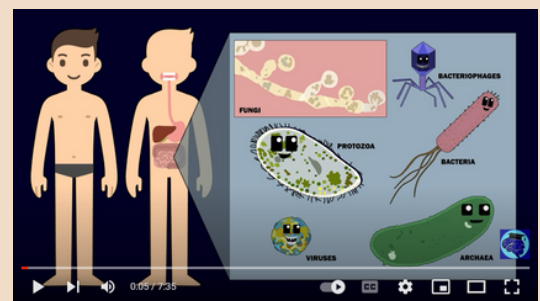
Have you heard of Tapping or EFT (Emotional Freedom Technique)? Tapping on certain parts of your face and body can reduce anxiety, lower cortisol levels, enhance sleep, reduce emotional triggers, and more....read more about it by following this link.

We are meant to move and engaging in "Natural Movements" as we were designed to do as humans sends the right interoceptive signals to our brains to keep our bodies and brains performing at their optimal levels. This article provides 7 natural movements that you can do with little to no equipment and explains the connection of the movement with how we are meant to move. Click here to read more and get moving!

Tracking sleep hours, sleep stages, and HRV can provide information that is valuable, especially if you can connect daily behaviors to sleep. I use the Whoop, but there are other options. Click here to read about the best sleep tracking devices.



Watch this short video on how the gut microbiome interacts with the brain. The bacteria in our gut play a role in stress and resilience as well as health!



Recommended videos to activate the vagus nerve:

[10-minute routine to activate the vagus nerve](#)

[Vagus Nerve Ear Massage](#)

[Vagus Nerve Reset Exercise](#)

[Humming for the Vagus Nerve](#)

[Fascia Facial Massage for the Vagus Nerve](#)

[Breathing Exercises for the Vagus Nerve](#)

*Anyone can be angry--that is easy.
But to be angry with the right person,
to the right degree, at the right time,
for the right purpose, and in the right
way--that is not easy.*

-Aristotle