

## Sufficient Sleep

Establishing/maintaining good sleep habits is a vital component in balancing stress hormones. Sleep is highly regenerative and can significantly increase resiliency. Each person's required quantity of sleep is unique but quality of sleep is equally, if not more, important than the amount of sleep.



Sufficient Sleep

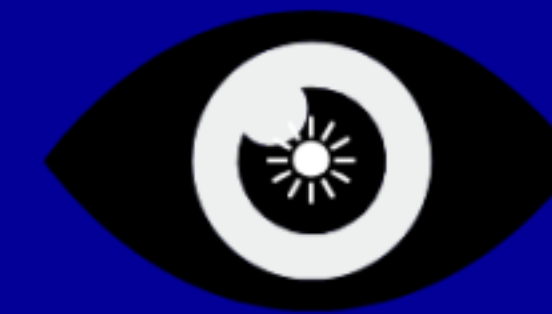


Nasal Breathing

## Nasal Breathing

Breathing through the nose allows for better oxygenation which assists tapping into the parasympathetic nervous system and reduces stress. Take several slow, deep, deliberate breaths in and out of the nose a few times per day. Try inhaling to a count of 5, exhaling to a count of 6.

Viewing Sunlight



## Walking Outside

Walking has multiple health benefits especially when done outside (not on a treadmill) and without looking at device. While walking outside and looking at the horizon, the brain experiences self-generated optic flow which facilitates a meditative-like state.

Walking Outside



## Viewing Sunlight

Sunlight exposure to the eyes, especially in the mornings and evenings, helps to regulate circadian rhythms in the brain which, in turn, helps to regulate stress hormones. Do not look directly at the sun and keep in mind that viewing through a window is not as effective as unobscured exposure.

