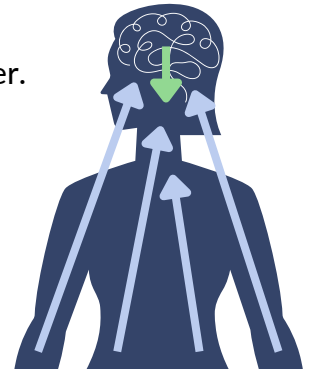




The main job of the nervous system is to keep you alive. It functions on an unconscious level and helps the brain and body communicate with each other.

- The vagus nerve is one of the largest nerves in our body that makes up a feedback loop between the brain and the body.
 - It is bi-directional: 20% of the fibers run from the brain to the body and 80% run from the body to the brain.
 - We should spend time working on our mind AND body.



Bring attention to your body by starting with sensations. Pay attention to what you FEEL not THINK.

What is the temperature like?

What are your movements like?

What is the posture and shape in your body?

What are you taking in around you?

Your body can communicate so much to you when you pause the thinking brain.