

90 SECONDS TO CALM

WITH DR. SYLVIA K'S B.O.D.Y. TECHNIQUE

B

BREATHE:

Breathe : Take 3 deep breath's and pay attention to the sensation of the air going in and out of your nose.

O

OBSERVE:

Observe 3 objects near you, observe 3 colors close to you, and observe 3 sounds around you.

D

DESCRIBE:

Describe the name of the 3 colors near you quietly in your head. Describe the details of the objects you observed. And now describe the sounds that you listened to.

Y

YIELD:

You are learning to yield to stress responses and calm your nervous system in 90 seconds.

SK