



## Downshift - BZ Power 9®

Downshifting is about finding balance in your life; activities and routines that literally balance the autonomic nervous system (ANS), the balance between the sympathetic (fight and flight) with the parasympathetic (rest and digest).

The following are just a few ideas of activities, practices, and routines to help you mentally slow down and downshift. Just like downshifting your car engine, downshifting in your life is much the same ... it happens over time. Discover whatever works for you!

- ◇ Take a walk and focus on what you see, smell, and hear
- ◇ Walk barefoot on the beach or in the grass
- ◇ Listen to your favorite music (classical has been shown to decrease cortisol levels and lower blood pressure)
- ◇ Get a massage or use a foam roller or therapy balls for self-massage
- ◇ Relax in a hot tub/spa
- ◇ Take a nap
- ◇ Meditate and practice quieting the incessant mental chatter
- ◇ Experience a yoga, pilates, or stretch class
- ◇ Practice breath work
- ◇ Listen to sounds of the gulf/ocean
- ◇ Play with your pet
- ◇ Journal your worries and concerns
- ◇ Practice saying “no, thank you”
- ◇ Prayer
- ◇ Aromatherapy – a few drops of lavender oil in a warm shower or on your wrists before bedtime can help with a good night’s sleep.
- ◇ Listen to a podcast or book on tape about mindfulness (i.e., 10% happier)
- ◇ Everyday activities performed can be performed in a *mindful* manner; brushing teeth, making your morning coffee, walking your dog, kayaking/SUP, fishing, ironing, folding warm laundry and even cooking to some of us can serve to de-stress our minds and bodies