Turn **ON** your **OFF** Switch to Stimulate Your Relaxation Response

**THE 5 Ps of the Parasympathetic Nervous System**

1. **Perspective**
   - **Set your Mindset**
   - Give yourself permission for a time-out.
   - Set a mental intention to be open to receive all the benefits of self-care.
   - Say to yourself, “I allow myself to relax completely.”

2. **Place**
   - **Find your Spot**
   - You can roll anywhere you feel comfortable — your home, gym, office, etc. The therapy ball will work their magic as long as you position them to help you. What is most important is that you find a place where you can feel peaceful and calm.

3. **Position**
   - **Get Down**
   - One of the easiest ways to induce the relaxation response is to recline — your “off switch” turns on. When you lie down, your postural muscles, heart and lungs immediately reduce their sympathetic activity. Elevating your pelvis higher than your heart maximizes this effect.

4. **Pace**
   - **of Breath**
   - Master the observation and control of your breath and you will be able to control your body’s physiology. To activate your relaxation response focus on extending your exhale longer than the inhale.

5. **Palpation**
   - **Therapy Ball Massage**
   - To palpate is to touch. Touch is vital for life and health. Therapeutic self-palpation is at the heart of the Roll Model® Method. Palpation, in this case self-massage, does two primary things to lead to relaxation:
   - A: It decreases sympathetic outflow by altering the resting tone of your muscles and their associated fascias.
   - B: It elevates your well-being chemistry, boosting endorphins, serotonin, oxytocin and dopamine — a neurotransmitter cocktail that is naturally induced through therapeutic touch.