

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 balls 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 fascia.

B It elevates your well-being chemistry, boosting endorphins, serotonin, oxytocin and dopamine — a neurotransmitter cocktail that is naturally induced through therapeutic touch.