

Our **REAL Eyes Realize** podcast interview with **Reisa Babic** highlighted the importance of self-care and self-love as we navigate challenges in life. In our podcast, Episode #15, we discuss the 5 S's from a neuroscience perspective, of calming the parasympathetic nervous system, thereby facilitating the mind to operate from a place of "pause and plan" vs. "fight or flight".

### Tool Description ...

"5 S's of Self-Care" can be used anytime the amygdala (emotion-center of the brain) seems to be hijacked by frustration, anger, doubt, fear, or general lack of patience. Follow these simple neuroscience-based recommendations for lowering the cortisol in the body and generating "good" chemicals such as dopamine, serotonin, and oxytocin. This will allow you to respond from a place of pride, confidence, and better connection.

## 5 S's of Self-Care

**S1: Soothe** – know the methods your nerves are best soothed. Engaging in soothing practices lessons our setpoint for triggering anger/frustration. Such proven practices include meditation, yoga, nature walks, baths, listening/playing music, or engaging in any activity that puts you back into a state of flow.

**S2: Sun** – being outside, especially on a beautiful day, soaking up Vitamin D, helps to mitigate the sense that our problems are the Worst/Biggest/Most Harmful thing we've ever experienced and puts things into perspective for better problem-solving. Clarity and being tapped into the rhythms of nature helps us feel not so separate from one another, but rather a part of a bigger experience.

**S3: Sweat** – it is important to work adrenalin and cortisol (stress hormones) out of the system once created. The basic rule of thumb is that cortisol stays in the system for at least one hour after a stressful encounter. Sweat and physically working out helps lower cortisol in the system and creates the brain chemical dopamine, providing a sense of "reward".

**S4: Sleep** – getting sufficient nightly sleep is important. Most scientists agree, adults need about 7-8 hours of solid sleep during the evenings, and sometimes more, depending on age and level of activity (physically, mentally, or emotionally). It is important to get enough deep sleep REMs (typically 3-4 hours) in order for brain neurons to fire and wire effectively. Sleep deprivation is a known cause of accidents, technical mistakes, and shortens the emotional fuse.

**S5: Service** – the most effective of all "5 S's of Self Care" is that of helping another living being ... either person or animal. When we serve another, we get out of our own problems/issues and act from a place of deeper purpose and connection. In turn, oxytocin gets released in the system, the brain chemical of connection and belonging. This positive release can give us the confidence to want to work with another person, build trust, have a conversation that is really important but might feel really difficult, and restore faith. When it's important to invite collaboration and care, do more service!