

## **Primal Brain Reset** Week #4 May 7<sup>th</sup>, 2020

Place your index and middle fingers of both hands just beneath the bottom of your skull bone just behind your earlobes at the soft indentation.

You'll be taking five breaths for the first round, then five breaths for the second round.

1<sup>st</sup> round: Press on the soft indentation as you inhale through your nose, then release your fingers as you exhale through your mouth. Repeat 5 times.

2<sup>nd</sup> round: Reverse, with fingers released inhale through your nose, then press in and exhale through mouth. Repeat 5 times.

When complete, let your hands drop and relax, be still and simply notice how you feel now.

You can use this primal brain reset anytime, especially when you get triggered, surprised, suddenly feel skittish, fearful, worried, etc. which may be yours, and often, especially these days, may not.

This practice will shift and recalibrate your brainwaves within a few minute, and you'll be thinking, responding and taking action from a place of stability and calm, rather than from your "fight and flight" instincts and fear.