

CALMER LIFE

Session 6

26 Jan 2023

Resources

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Disclaimer

I'm not a doctor or a nurse. I can't prescribe, I can't give you advise on individual health issues. You need to talk to your GP about those. I'm here to guide you to make your own healthy choices, and to coach you to discover what's right for you.

The purpose of the Calmer Life course

We'll look at where stress comes from, and the tools needed to deal with it.

WHAT DOES SUCCESS LOOK LIKE at the end of the course? I want you to feel empowered and knowledgeable about what right for your own journey to a calmer life. I'd like you to have a toolkit and ideas to turn to when things get stressful. And I'd like you feel you have a little more perspective on the stress you experience.

EXERCISE: TAP YOURSELF HAPPY

The thymus gland is known as the body's 'happiness point'. It's also a vital part of the immune system, helping T-cells (white blood cells which defend the body from potentially deadly pathogens- the 'T' stands for thymus-derived) to circulate.

The thymus sits under the upper part of the sternum, between our lungs. It shrinks from puberty onwards, but gentle tapping can stimulate it – this is why gorillas and ancient warriors beat their chests! Learn to tap your thymus for increased energy and vitality, and to boost the immune system:

Make a soft fist with your dominant hand. Give your sternum one light thump, then gently tap the area for about 30 seconds – you should get 60-100 taps done in that time. Try it a few times this week.

ACTIVITIES WHICH BRING ME JOY:

List here

Each day:

-
-
-
-
-

Each week:

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-
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BIG THOUGHTS: THE PERMA MODEL – Positive Psychology

Dr Martin Seligman created the idea of Positive Psychology and the PERMA model

According to the PERMA model, the five building blocks for well-being and happiness are:

- **P**ositive emotions
- **E**ngagement
- **R**elationships
- **M**eaning
- **A**ccomplishments

How are you going to celebrate moving towards a Calmer Life?



**You are
amazing!**

***KEEP CALM AND CARRY
ON WITH YOUR
CALMER LIFE***