

Bridge to Essence
Week 4: Homework

1. Listen to any of the guided practices
2. Choose a few vagus nerve techniques to use through the week when you feel stressed or triggered.
3. Set a timer for a few times/day. Check in with yourself. What is the state of your nervous system? Green, yellow or red? Choice Point!: Is this a state you want to continue? How can you shift to the green zone? Check out the Attending Exercises in the handouts.
4. Contemplate: Do you want to be safe and comfortable or free and truly alive? What ways do you prioritize safety over authenticity?
5. How does your breath, body, posture, gesture, actions, convey the distorted mental and heart centers?
6. What can you do in the morning to start your day in the “green zone” or on top of the ladder?