

Body – Brain Hacks

Right-Brain Dominant builders help people who get stuck in their emotions (often flight or fawns; anxiety prone) and feel like they are in a “free fall” when triggered. These used daily will strengthen their left-brain connection.

Engage Left Brain: (Practice as many as you can daily for 10 minutes)

- If you can't get a way to get centered immediately – shift all your weight to your right foot and try to balance.
- Lift 5 lb. weight and do reps while balancing on right foot.
- Start tapping your left palm with your right index finger until you can connect and concentrate enough to feel from your palm's perspective. Then consciously say to your self – I am in my skin and this is my palm.
- Hold your left nostril closed until you are breathing strongly out of your right nostril.
- Listen to podcasts and take notes
- Vacuum or do most house chores with right hand while trying to balance on right foot.

Left-Brain Dominant builders help people who get stuck in more rigid control style of operating. (often fight or freeze) They are generally out of touch with their emotions and lack self-awareness.

Engage Right Brain: (Practice as many as you can daily for at least 10 minutes).

- Listen to moving and uplifting music. Try to feel your feelings that song elicits.
- Have a freestyle dance party by yourself or with family and friends.
- Sing your favorite uplifting songs in the shower.

Both Sides of Brain

All types should Walk!

- Walking balances use of both right and left sides of the brain. Often our most clear, creative and lucid plans come from a good walk!

Shower exercise: Get into your skin using a pulsating shower head.

- Take the shower head and focus it on a part of your body (start with palm) and think/say “This is the palm of my hand; I feel the palm of my hand. It belongs to me; it's a part of my body.” Do with various parts of your body. (Helps you live consciously inside your skin vs. dissociating from your body).