

The Resilience Reset Checklist

Dr. Jennie's 4 Tools for "Bonkers" Times

1. The Physiological Sigh (The System Reboot)

When: When your heart is racing or you feel a "buzz" of anxiety.

How: Inhale deeply through your nose. At the very top, take one more tiny, sharp inhale. Exhale through your mouth long and slow.

The Secret: The exhale must be longer than the inhale. Do this 2–3 times.

2. Soft Focus (The Predator Check)

When: When you've been staring at a screen too long or feel "fixated" on a problem.

How: Widen your gaze. Look at the corners of the room or the horizon without focusing on any one object. Relax the muscles around your eyes.

The Goal: Tell your brain: "I am scanning the horizon, and there are no threats. I am safe."

3. Shift to Neutral (The Gear Change)

When: When you feel pressured to "be positive" but you actually feel like a mess.

How: Stop trying to reach for "Happy." Aim for Neutral. *The Mantra: "I don't have to like this moment; I just have to be present in it." Neutral is steady. Neutral is where we catch our breath.

4. The 5-4-3-2-1 Grounding (The Head-to-Body Pull)

When: When the "What-if" thinking is taking over.

How: Acknowledge in your surroundings:

5 things you see

4 things you can touch

3 things you hear

2 things you can smell

1 thing you can taste

THE EMERGENCY BUTTON

If you are in a total meltdown, splash ice-cold water on your face.

Why: This triggers the Mammalian Dive Reflex and forces your heart rate to drop instantly.



**Practical
Natural Wellness**

Bridging Eastern and Western Medicine