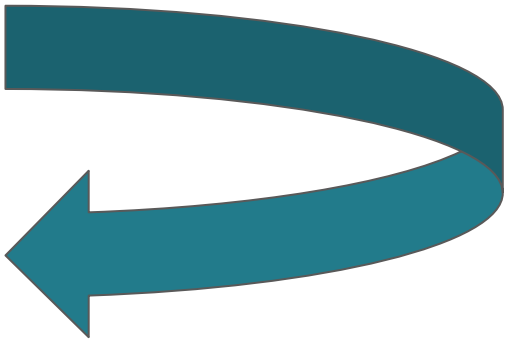
LEAD LAB

Sneak Peek

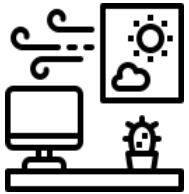


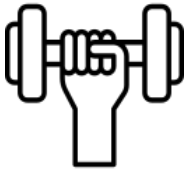
6 Resilience E's

Science-based

Pre-game Ritual

The 6 Resilience E's


LEAD LAB

Electrical

Environment

Energy

Emotional

Exercise

Experience

The Resilience E's: Emotional

LEAD LAB

Meditation, breathwork, gratitude

Get out of sympathetic nervous system activation (fight-flight-freeze-fawn) by strengthening parasympathetic tone. Meditation produces long-term increases in the efficiency of the brain's executive attentional network.

What to do: Work on heart coherence


Dr. Brooke Stuart, Functional Medicine Doctor

Heart Breathing:

- Hand on heart
- Breathe deep (in 5 sec, out 5 sec)

Heart Focus:

- Focus on your heart area
- Breath in/out from heart

Heart Feeling:

- Think of a specific positive memory
- Remember the feeling
- Hold this feeling for the next 2 min