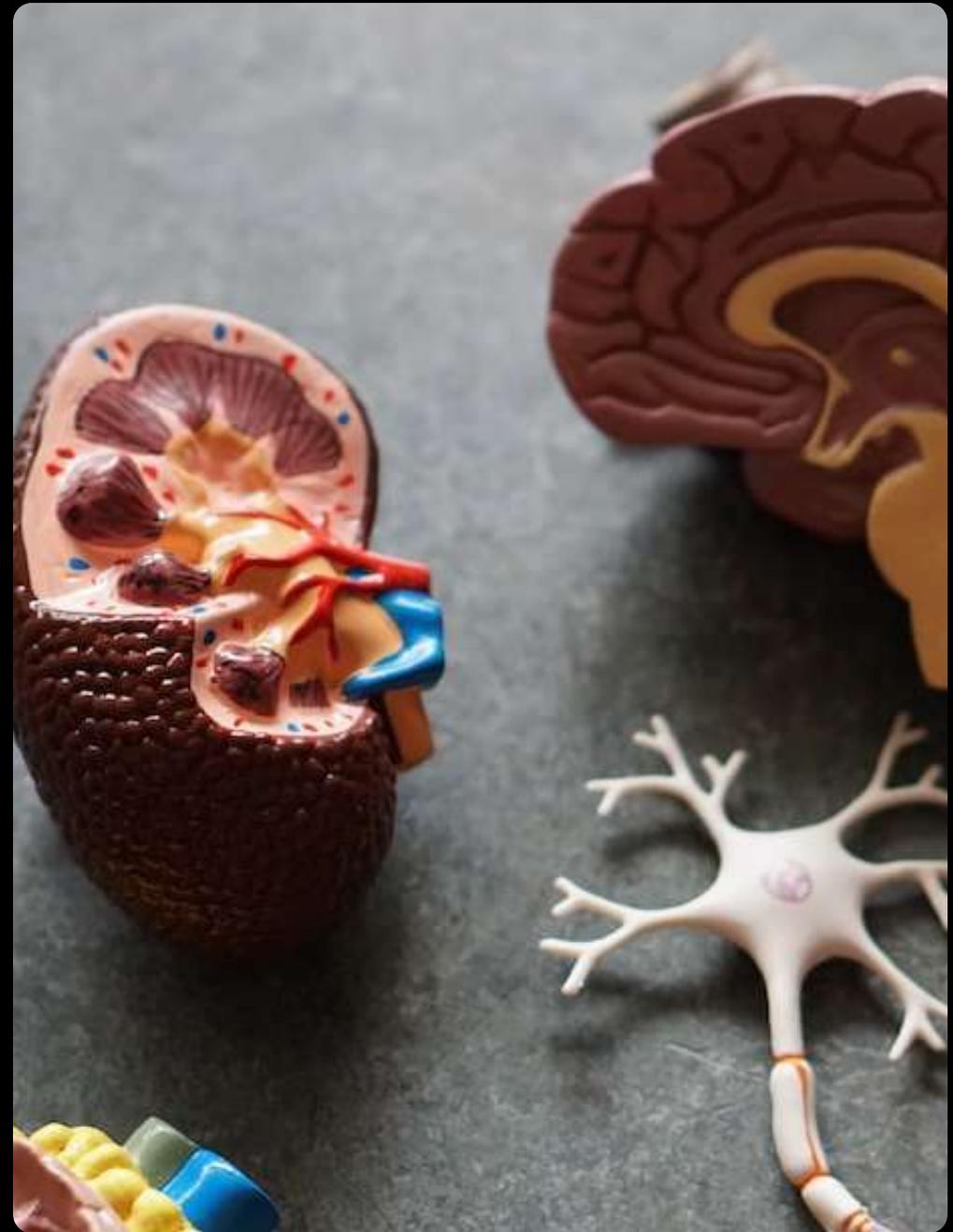


**How do we build  
our business from  
Fun, Flow &  
Spaciousness?**



- **Vagal Tone:** This is a new way to measure how our body responds to stress and how well it functions overall, and it can be used in all areas of medicine.
- **Vagus nerve:** “Think of the vagus nerve as the main nerve for rest and digestion,” Donnelly said. “It turns down the heart rate and blood pressure and causes digestion.” The vagus nerve also regulates respiratory rate and some reflex actions like coughing, sneezing, swallowing and vomiting.
- **Cardiac vagal tone:** This refers to how the parasympathetic nervous system helps control the heart rate, and it has been found to be related to different aspects of our mental and emotional well-being.
- **What is HRV (Heart Rate Variability)?** It's a way to look at the small changes in the time between heartbeats. These changes, even though they're very small, can give us valuable information about how well our vagus nerve is working and how sensitive it is.





**HRV (Heart Rate Variability)** is indeed a useful indicator of vagal index, which measures the cardiac vagal tone. It can be assessed following activities such as a massage, therapy session, coaching session, or a retreat. It's worth noting that HRV may initially decrease after a workout, but then increase as you rest.

There seems to be a growing emphasis on the importance of rest and rejuvenation, rather than solely pushing forward and working long hours. It's crucial to prioritize activities that promote recovery. For example, instead of taxing your system further by going on a hike while creating new social media content, you realized that you actually needed to stretch, practice left nostril breathing, soak in the sun, and have a light sauna session to recover.

Assessing stress levels is another area where HRV can be helpful. Since HRV is influenced by stress, it can be used to objectively evaluate psychological well-being and stress levels. It provides valuable insight into how stress affects the body.

HRV also measures the body's capacity to recover after a stressful event or period, such as dealing with sporting injuries. It can indicate whether you have excessively stressed your system without allowing for proper recovery. It's also relevant if you have experienced trauma, such as a car accident or sports injury, or if you have worked in a high-stress corporate environment where you continuously push yourself without taking time to recover. Monitoring HRV can provide guidance on the need for recovery and help prevent long-term negative consequences.

Overall, HRV is a valuable tool for assessing vagal index, evaluating stress levels, and understanding the body's capacity to recover after stress. It can assist in making informed decisions about rest and rejuvenation to maintain overall well-being.

**The Importance of HRV in Predicting Stress:** HRV is a way to measure how stressed you might feel about something that is going to happen in the future. It helps us understand how difficult it might be for you.

**Enhancing HRV/Vagal Tone:** The myelinated vagus nerve acts as a sort of brake that we can control to speed up or slow down our heart rate and regulate our body movements. One way I do this is by controlling my breathing patterns.

**The Impact of the Myelinated Vagus Nerve:** The myelinated vagus nerve actively stops the effects of the sympathetic nervous system on the heart and reduces activity in the hypothalamic-pituitary adrenal (HPA) axis.

**The Function of the Vagal Break:** The vagal break is like a switch that helps us quickly connect with or disconnect from people and things, promoting calm and soothing behaviors.





During development, the number of myelinated vagal fibers increases steadily from 24-28 weeks of pregnancy until full-term birth. By the time of birth, the number of fibers is similar to what is observed in adolescence.

To improve HRV/vagal tone, the process of myelination is active in full-term infants during their first year of life, especially in the first three months.

As a result, difficulties in regulating the vagal brake could be a potential cause for early developmental challenges in social communication.

In simpler terms, the ability to engage in social interactions relies on how well the vagal brake regulates the body's internal state. For example, disrupted relationships may indicate issues with the vagal brake, such as "lone wolfing" behavior.

### **Improving Vagal Tone for Better performance:**

- When our body's internal balance is disrupted and our body's natural "brake" system (vagal brake) can't control it, we tend to minimise our social engagement behaviours (avoiding social situations - being a lone wolf).

### **A Healthy and Strong Vagal Brake is Important for Managing Stress:**

- Having a healthy and strong vagal brake is crucial for being able to handle stress and regulate our body's responses.

### **The Impact of Your Past and Current Relationships on Vagal Brake Fitness:**

- Your personal history and your current relationships can affect the fitness of your vagal brake (just like going to the gym daily without taking any breaks can impact your physical fitness).

### **Using the Vagal Brake to Achieve a Balanced State:**

- The vagal brake is an important way to get our body into a balanced and regulated state.





## 5 AREAS TO EXERCISE YOUR VAGAL BREAK

1. Socially/emotionally
2. Environment
3. Affect/Emotion
4. Cognitive/mindset
5. Somatic/body

### ENVIRONMENTAL EXERCISES:

- Nature
- Own area to come back to yourself (alter/bedroom)
- Being near water
- See nature
- Create your home as a ventral place
- Grounding to the earth
- Organise your environment

Living with safe people

Bringing nature inside



## SOCIAL/RELATIONAL EXERCISES:

- How much time should I spend alone today? What activities can I do by myself?
- How much time do you want to spend with others today? What activities will you do together?
- What tasks do you prefer to work on independently?
- Which tasks are better done with the help of others?
- Which relationships do you neglect due to overworking?
- How easily do you get too involved in relationships?
- Who do you feel overly connected with or haven't spoken to in a long time?
- Do you find yourself often saying yes to others too much?
- Do you find yourself frequently saying no to others?

# SOCIAL/RELATIONAL EXERCISES

- Who would you like to continue connecting with?
- Who are the people you'd like to know better?
- What are some things you enjoy doing with friends that you'd like to keep doing?
- What are some new things you'd like to try with others?
- What are some things you enjoy doing alone that you'd like to continue/start doing?
- Who are the people you feel comfortable around?
- Who are the people you feel sympathetic towards?
- What are some ways you typically connect with others?
- How would you like to connect with others? (Meeting in person is best for your health)





## EMOTIONAL EXERCISES

- Where do you typically experience positive emotions?
- Who or what brings out your positive emotions?
- Which environments make you feel supported and positive?
- When do you usually feel most positive during the day or week?
- Can you recall a moment when you transitioned from feeling stressed/anxious to feeling calm and positive? How did it feel?
- Who or what makes you feel playful?
- What prevents you from feeling playful?
- Do you have any music or mantras that help you feel positive and grounded in your body?
- What emotional state would you like to be in most of the time?
- Imagine yourself in this positive emotional state, feel it in your body, and grant yourself permission to experience positive emotions in every cell of your being.

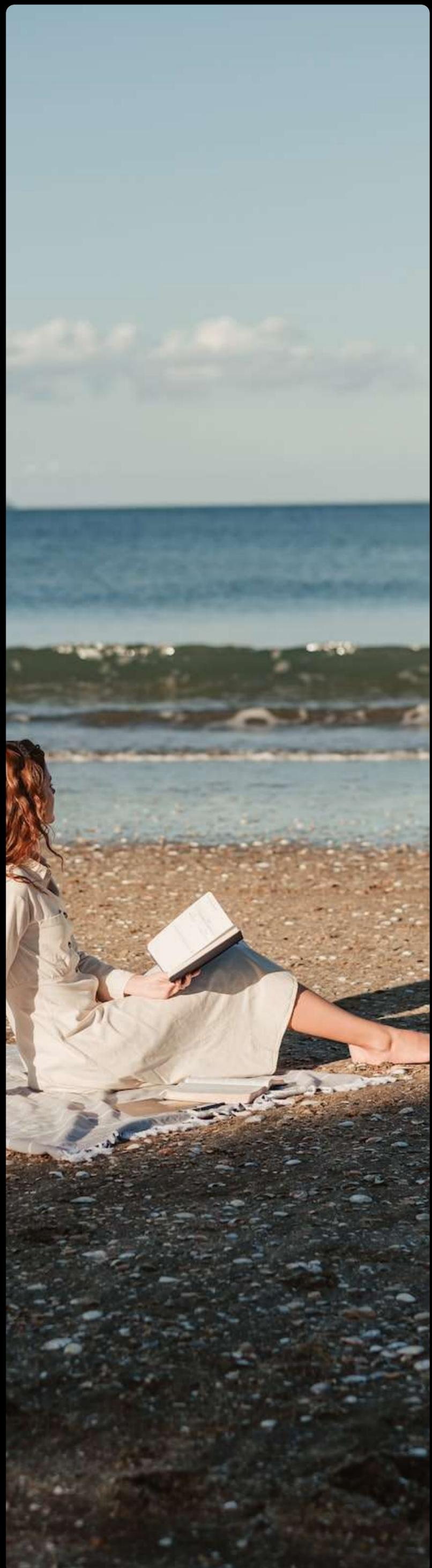
## SOMATIC EXERCISES

- Breathing deeply from your diaphragm and exhaling slowly
- Counting how many breaths you take per minute
- Focusing on the sensation of your breath moving through your body
- Taking deep breaths, holding them for a few seconds, exhaling slowly, and inhaling for shorter periods
- Gargling with water
- Chanting or singing
- Exposing yourself to cold temperatures
- Moving your body through walking, dancing, or shaking
- Combining intentional breathing with specific movements
- Getting massages or acupuncture treatments
- Doing gentle stretches for at least three minutes at a time
- Imagining yourself in a preferred emotional state and allowing yourself to fully feel it
- Intentionally taking deep sighs (heheh)
- Tapping on different parts of your body in a butterfly-hug motion
- Gently massaging your body with a massage gun or oils in the morning
- Moving your spine through the Cat Cow yoga pose



# MENTAL EXERCISES

- Imagine Being with a Safe Person
- Picture yourself spending time with someone who makes you feel safe and comfortable.
- Pay Attention to Your Body's Natural Response
- Notice how your body automatically reacts to different situations and experiences.
- Connect with Your Authentic Self
- Be present with your true self while experiencing different states of being.
- Reflect on Your State of Being (Write in a Journal)
- Take the time to journal and express what your different states are telling you. Write about your thoughts, feelings, and sensations.
- Acknowledge Your Sympathetic State
- When you feel mobilized and ready to take action, your sympathetic state is telling you to do so.
- Recognize Your Dorsal State
- Your dorsal state is letting you know...
- Embrace Your Ventral State
- Your ventral state is inviting you to...
- Journal Your Dorsal State (Thoughts, Feelings, and Sensations)
- Write in your journal about your dorsal state. Record your thoughts, feelings, and physical sensations.
- Journal Your Ventral State (Thoughts, Feelings, and Sensations)
- Write in your journal about your ventral state. Record your thoughts, feelings, and physical sensations.
- Consider the Direction You Want Your State to Take You Today
- Contemplate where you want your emotional state to guide you today.
- Think about What You Want to Change Today
- Reflect on what changes or improvements you want to make today.
- Identify What You Want to Deepen Today
- Consider what aspects of your life or self you want to further develop or enhance today.
- Establish Daily Routines to Support Your Well-being
- Create regular habits and activities that help you stay balanced and regulated.
- Create Visible Lists to Support Your Regulation
- Make lists that you can easily see in your surroundings to remind and guide you in staying regulated.
- Reflect on Your Morning: Goals, Potential Obstacles, and Ways to Overcome Them
- In the morning, reflect on what you want to create or achieve today, identify potential obstacles, and plan strategies to overcome them.
- Reflect on Your Evening: Accomplishments, Obstacles, and Strategies for Tomorrow
- In the evening, review what you did today, assess any obstacles you encountered, and brainstorm ways to overcome those obstacles for tomorrow's success.





## A FEW EXTRAS

TO ACTUALLY GET THE DATA ON YOUR HRV!!

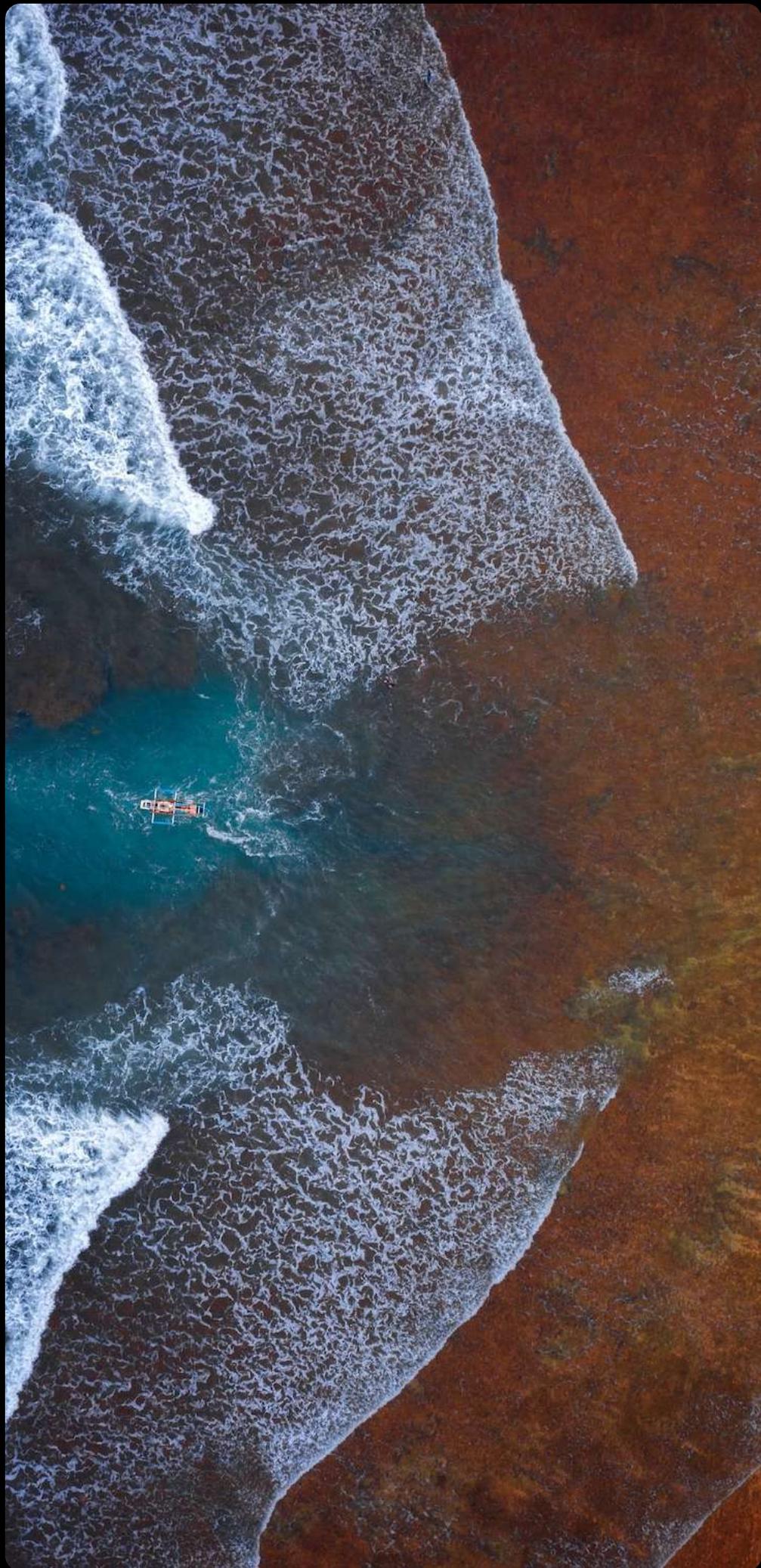
HEART RATE MONITOR:

KYTO: HEART RATE & HRV SENSOR

DOWNLOAD THE APP:

HEART RATE MONITOR:

"HEART RATE + COHERENCE ABOUT \$70



LOOKING AT IT WITH A BIRDS EYE VIEW:

**KNOW THY SELF:**

IF YOU HAVE AN INJURY YOU GO TO A PT, OSTEOPATH , PHYSIOTHERAPIST: YOU DONT GO TO CROSSFIT. IMAGINE IF CROSS FIT WAS MARKETING THEMSELVES AS A PHYSICAL THERAPY EG JUST PUSH THROUGH THE PAIN.

SO THIS EXAMPLE SHOWS: KNOW WHERE YOU ARE AT AND WHAT ACTION IS BEST FOR YOUR SYSTEM RIGHT NOW:

**WHAT WE DO:** WE SEE SOMEONES CAPACITY IN YOUR PHYSIOLOGICAL SYSTEM, FOR EG: IF YOU CAN CATCH YOU TRIGGERS, NOT MANY INJURIES, YOU'VE GOT SOME EMOTIONAL FITNESS: GO BYPASS THEM FOR A WHILE GO BUILD SOME STRENGTH GO TO TONY ROBBINS FOR EG BUT DON'T GO IN THERE AND BYPASS ALL THE PARTS.

**WHAT DOES YOUR SYSTEM NEED RIGHT NOW?  
WHAT STATE ARE YOU TRYING TO ACHIEVE?**

**ARE YOU HIGH WIRED OR LOW WIRED?** DO YOU NEED TONY ROBBINS YELLING AT YOU, COLD SHOWER, INTENSE WORKOUT OR DO YOU NEED CALM AND GROUNDING THINGS, SLOW STRETH AND BREATHS (THATS WHAT I NEED.)

ME: LOWER BACK HURT FROM ALL MEDITATION, MORE HIGH WIRED SO I OPEN MY LOWER BACK, OILS ALL OVER BODY, HOT AND COLD SHOWER, CONSUME OILS AND FAT IN AM TO GROUND....

# BE CURIOUS ABOUT YOUR STATE

EG I HAD SOME LOWER BACK PAIN: LISTEN WITH CURIOSITY AS TO WHAT EMOTIONAL REASON COULD BE THERE CAUSING THIS STRESS/SYMPTOMS IN THE BODY

**SOCIAL:** RELATIONSHIPS HELP HRV, SAFE SUPPORTIVE COMMUNITY IS THE ANTIDOTE TO TRAUMA RESPONSE OF LONE WOLFING.

DON'T CHANGE TOO MANY THINGS AT ONCE.

**BEST BIO HACK:** BEING AROUND EPIC PEOPLE. 3 SOLID FRINDS.



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