

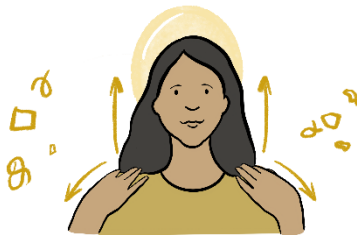


Ease Keys Practices for Anxiety

Ease Keys™ practices for stress relief help us discover our natural state of Ease.

We all have stress reflexes and relaxation reflexes. When we find the practices that work for our bodies, the stress and tension we've been holding begins to unwind. We feel better and can breathe better. Our bodies naturally start to relax and restore our health. ***Take a moment to notice any tension you feel in your neck, shoulders, or jaw.***

People who experience anxiety often hold stress and tension in their neck and shoulder, or notice they are breathing shallowly. Sometimes it can feel like we are hardly breathing. The three Ease Key practices for Anxiety focus on the neck, shoulders, and breath.



Brain Balloon Up - Lengthen Your Spine

1. Imagine your head is filled with helium like a balloon. Feel your head gently floating upward like a balloon. Feel your spine lengthening.
2. Imagine your head floating upward on the inhalation and feel your shoulders relaxing downward on the exhalation. (Repeat 3-4 times)
3. Notice what changes in your body as the balloon floats gently upward.
4. Take a few deep breaths in this posture.

Relax Your Jaw and Find Your Ahhh

1. Start by yawning. It does not matter if it is a real or pretend yawn.
2. Feel the heaviness of your lower jaw relaxing and the softness of your cheeks.
3. Find your ahhh or a sigh. Yawning is good for you! It activates your relaxation reflex and opens space in the back of your throat so you can take a deeper breath.
4. Take a few more deep breaths. If you like, make a loud ahhh sound and on another breath make a quiet ahhh sound.
5. Do you feel a little more ease in your neck, jaw, or breath? Even a little more ease can make a big difference.

Feel Your Body Breathing



1. Place one hand above your heart and the other slightly below your belly button. (Alternate) Cross your arms and place your fingers under the armpits with the thumbs pointing up in front of the armpits.
2. Bring your awareness to the movement of your ribs. Feel your ribs opening with each inhalation. Feel your ribs hugging your lungs with each exhalation. Take a few breaths.
3. Notice how wide is your breath? How long is your breath? Can you feel your whole-body breathing?
4. Notice what has changed in your posture and sensations of your body. Thank your body for breathing for you.





Ease Keys Practices for Depression

Ease Keys™ practices for stress relief help us discover our natural state of Ease.

We all have stress reflexes and relaxation reflexes. When we find the practices that work for our bodies, the stress and tension we've been holding begins to unwind. We feel better and can breathe better. Our bodies naturally start to relax and restore our health. ***Take a moment to notice any tension you feel in your chest, belly, or low back.***

People who experience depression often find it hard to get moving. Often the shoulders are rolled forward, there is a contraction around the heart, and the eye gaze is downward. This is our bodies' natural stress reflex to protect our organs, like turtle pulling the limbs into the shell for protection. The three Ease Key practices for depression focus on creating support for our heart and organs and movement in the spine.



Come Out of Your Shell

1. While seated, place your hands on your hips with your elbows out to the side.
2. Tuck your tailbone as you exhale, spiraling downward.
3. As you inhale, press your hands gently downward on your hips as your Brain Balloon floats upward. Lengthen your spine.
4. Gently look left and then right as far as you can comfortably.
5. Yawn or sigh as you take deep breaths.
6. Go through two more cycles of steps 1-5.
7. Notice what has changed in your shoulders, neck, and breath.

Set Your Seat

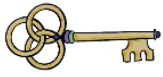
1. Stand up, as you are able. Send your tailbone out and back as you sit down.
2. Feel the strong foundation created when your sitting bones and tailbone are balanced.
3. Now rock your hips with small movements, alternate tucking and extending your tailbone, while sitting.
4. As you alternate, keep breathing – inhale and exhale.
5. Come to stillness in the position that feels comfortably aligned and supported. Notice the shape of your spine.



Wag Your Tail

1. Gently wag your tail. Take inspiration from your favorite animal.
2. What else moves in your body as you wag your tail in different directions – side-to-side, back-and-forth, or in circles?
3. Notice if there is more movement and room for your organs.
4. Observe your moving body and breathe.
5. Thank your body for getting moving!



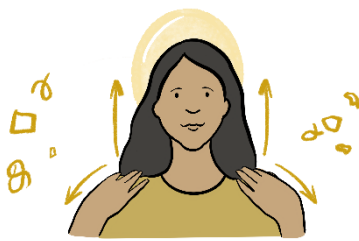


Ease Keys Practices for Sleep

Ease Keys™ practices for stress relief help us discover our natural state of Ease.

We all have stress reflexes and relaxation reflexes. When we find the practices that work for our bodies, the stress and tension we've been holding begins to unwind. We feel better and can breathe better. Our bodies naturally start to relax and restore our health. ***Take a moment to notice any tension you feel in your neck, shoulders, or jaw.***

A good yawn is contagious and activates your relaxation response. See if you can get your eyes watering. Lengthening and mobilizing your spine opens the brain's circulation gates so your brain can be washed and nourished while you sleep. Focusing your thoughts on the word "rest" or your breathing helps relax a busy mind.



Brain Balloon Up for Sleep

1. With your head on your pillow, imagine your head is filled with helium like a balloon. Feel your head gently floating upward toward the top of your pillow. Feel your spine lengthening and moving.
2. Imagine your head floating upward on the inhalation and feel your shoulders relaxing downward on the exhalation. (Repeat 3-4 times)
3. Imagine waves of circulation flowing up to your brain from your spine, washing and nourishing your brain all night long.

Relax Your Jaw and Find Your Ahhh for Sleep

1. Start by yawning. It does not matter if it is a real or pretend yawn.
2. Feel the heaviness of your lower jaw and the softness of your cheeks.
3. Find your ahhh or a sigh. Yawning is good for you! It activates your relaxation reflex and opens space in the back of your throat so you can take a deeper breath. See if you can get your eyes watering.
4. Take a few more deep breaths. If you like, make a loud ahhh sound, and then a quieter and quieter ahhh sound with each breath. How quiet your ahhh can be?
5. Relax as your mind focuses on the waves of your breath, coming and going.



Breathe into the Back of Your Lungs for Sleep

1. Try airing out your armpits to open and move your shoulders and ribs.
2. Take a few deep breaths in through your nose if possible, else with a relaxed or soft jaw.
3. Imagine you can breathe into the back of your lungs. It may help to think about breathing into your shoulder blades.
4. Put a hand on your chest and feel your ribs opening as you inhale.
5. With each exhale focus your thought on the word "rest." Let your mind rest on the word.

