

Stress-Free School Secrets

Neuro-Energy techniques to convert

poopy stew to **happy stew**

Dr. Patti “Doc” Taylor & Neal C. Taylor, J.D.

The principal makes or breaks the school!

Tool Box: 3 De-Stressing Compartments

1. Neuro-psych (flipping neuro switches)

2. Heart Focus (coherence/resonance)

3. Energy-Based Stress Buster

1. Neuro-psych Switch Flipper De-Stressing Tools:

- Palm Strokes
- Hold a Pencil Sideways in Your Mouth – (SMILE POSITION)
- Art/Dance/Song/Music/Gardening/Running/Yoga/Tai Chi/ Qi Cong, etc.
- Silent Screams Followed by Smile or Laugh
- Forgive into LOVE; Gratitude Journaling; HAKA Dancing
- Do anything that makes you smile or laugh (i.e., watch babies laughing)
- Hug Someone; Pet an Animal **Just plain smile!!!!**

Emergency (Rx) Tool Kit: Smile; Smile; Smile;

Deep Breathing; Palm Strokes; Silent Scream

Take the “Smile someone into Smiling” Challenge!! (Mr. Rogers)

Breathing? Are You really? (Reverse breathing – Don't do it!)

- Put hand on belly and other hand on chest.
- Take deep breath (Your belly should move first!)
- If your chest moves first, you are reverse breathing and getting less air exchange than you need.

Promote Peace, Love & Joy

2.) Heart-Brain Vibrational Integration = Coherence (Resonance for Contagious Well-Being)

Heart Focus:

- Eyes open or closed (can even do it while driving)
- Hand over heart
- Deep belly breathing
- Think loving & grateful thoughts (appreciation)

3.) Energy-Based Stress Buster

- **Stress buster:** Triple Warmer Alternative (Donna Eden)

❖ Bonus

- ❖ Want to influence people? Do the Wayne Cook Posture alternative
(Donna Eden)

<p><u>Educational Consultancy</u></p> <p>https://DrPattiTaylor.com</p> <p><u>DocTaylor@TimeToTeach.com</u></p> <p>(480) 390-5070</p>	<p><u>Stress-Free School Secrets</u></p> <p>Presentation PowerPoint, Video, & Handout</p> <p><u>https://DocTaylorBooks.com/principals/</u></p> <p>Grab your FREE eBook</p>
---	---