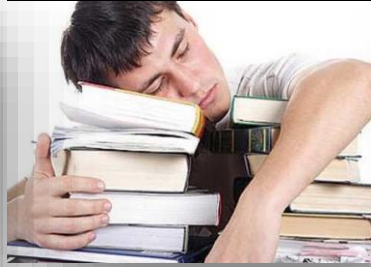


# FOR YOUR THRIVING

## DAILY RE-SETTERS AND ERASERS



- Cardio
- Activates BDNF
- About 150 minutes per week
- Pace while on conf. call
- Resets cortisol & BP



- 8 hours
- 4 slow-wave cycles
- Dark, cool and quiet room
- Anti-inflammatory
- Consolidation
- Regulates cortisol



- 3 ten-minute awake rests/day
- Anti-aging
- Grows HC and PFC
- Resets cortisol and BP



- Releases DA & OXY
- Opens access to innovative thinking
- Resets cortisol and BP



- Releases proteins
- Activates DA
- Activates OXY when with others
- Resets cortisol and BP

BDNF=Brain Derived Neurotrophic Factor -leads to brain matter growth

BP=Blood Pressure

HC = Hippocampus – Memory center of brain

PFC = Prefrontal Cortex -thinking, reasoning, executive brain

DA- Dopamine -Neurotransmitter for joy, learning, well-being

OXY = Oxytocin – Neurohormone for love, trust and bonding



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