

Longevity Mental Fitness and Resilience

Stress relief impacts physical and mental health and mental performance dramatically. It becomes a marker of resilience or a risk factor. The Stress-Relief Program can improve your stress resilience in just 5 weeks. <https://www.darcywellness.com/stress-relief-mind-body-program>

Learning a 20-minute Stress Relief Technique can improve how your body and mind responds to stress by slowing your heart rate, reducing your blood pressure, slowing your breathing rate, increasing blood flow, improving the immune system, lessening muscle tension and much more. We know stress is harmful to our health ... the toll it can take on our quality of life can be devastating. Learning how to switch-off stress daily protects us on many levels. Decades of studies on the impact of negative stress has shown that it can change us genetically, change our brain chemistry, suppress our immune system, and create a pro-inflammatory and pro-angiogenic (supportive of cancer growth) condition in our bodies.

The good news is we know how to switch stress response off! Look at the studies that proved just 20 minutes a day of stress reduction audio can have profound impact over 5 weeks.

- 80% Lowered High Blood Pressure, 16% off BP Medications
- 64% Decreased Stress
- 31% Improvement in Severe PMS
- Increased Fertility.
- Chronic Pain Patients Reduce their Physician Visits by 36%.
- 100% of Insomnia Patients Reported Improved Sleep and 91% Either Eliminated or Reduced Sleeping Medication Use.
- 57% Reduction in PMS
- Increased Self-Esteem:
- More Effective at School Inner city middle school students improved grade score,

Know your Purpose, In the Okinawan Blue Zone they call it “Ikigai” and the Costa Rican Nicoyans call it “plan de vida;” for both, it translates to “why I wake up in the morning.” Work with your life coach to develop and understand your life purpose for your 2.0 progress. Your life purpose consists of the central motivating aims of your life—the reasons you get up in the morning.

Purpose can guide life decisions, influence behavior, shape goals, offer a sense of direction, and create meaning. For some people, purpose is connected to vocation—meaningful, satisfying work. For others, their purpose lies in their responsibilities to their family or friends. Others seek meaning through spirituality or religious beliefs. Some people may find their purpose clearly expressed in all these aspects of life. Purpose will be unique for everyone; what you identify as your path may be different from others. What’s more, your purpose can shift and change throughout life in response to the evolving priorities and fluctuations of your own experiences.

Questions that may come up when you reflect upon your life purpose are: Who am I? Where do I belong? When do I feel fulfilled?

Life Coach Evaluation For many meeting with a life coach can be helpful to bring your plan into focus, it may help you define your life goals and develop a purpose and plan.

Cultivate Positive Emotions increase Resilience and Health. Barbara Frederickson is a professor of psychology and neuroscience at the University of North Carolina at Chapel Hill. Her research focuses on positive emotions and their

effects on health and well-being. She has developed the *broaden-and-build theory*, which suggests that positive emotions broaden people's thought-action repertoires and build their personal resources over time. Fredrickson has also conducted studies on loving-kindness meditation and its effects on positive emotions and social connections. Overall, her research highlights the importance of cultivating positive emotions in daily life for optimal health and well-being. She has found that positive emotions can increase levels of oxytocin, which in turn can activate the vagus nerve and reduce inflammation in the body. This research has important implications for understanding the mind-body connection and how emotions can impact physical health. Reduced inflammation in the body can improve health and prevent cancer and heart disease by reducing the risk of chronic diseases and improving overall immune function. Inflammation is a natural response to injury or infection, but chronic inflammation can lead to damage to tissues and organs, which can increase the risk of cancer and heart disease. By reducing inflammation, the body can better fight off infections and repair damaged tissues, leading to improved health outcomes.

The broaden-and-build theory is a psychological theory that was proposed by Barbara Fredrickson in 1998. The theory suggests that positive emotions broaden people's thought-action repertoires, which in turn builds their personal resources.

Broaden. Positive emotions broaden people's thought-action repertoires, which means that they make people more open to new experiences and possibilities. For example, joy might make you want to play, interest might make you want to explore, and love might make you want to connect with others.

Build. Over time, the broadened thought-action repertoires that are associated with positive emotions can build people's personal resources. These resources can include physical resources, such as better health; intellectual resources, such as creativity; social resources, such as strong relationships; and psychological resources, such as resilience.

The broaden-and-build theory has been supported by a large body of research. Studies have shown that positive emotions can lead to a variety of benefits, including improved physical health, better cognitive function, stronger relationships, and greater resilience. The broaden-and-build theory has important implications for our understanding of human flourishing. It suggests that positive emotions are not just fleeting pleasantries. They are actually essential for our health and well-being. By cultivating more positive emotions in our lives, we can build our personal resources and live happier, healthier, and more fulfilling lives.

Here are some tips for cultivating more positive emotions in your life:

Here are some ways to increase oxytocin and vagus nerve activity:

- Spend time with loved ones.
- Hug, kiss, and touch people.
- Practice gratitude.
- Do yoga or meditation.
- Listen to music.
- Spend time in nature.
- Get enough sleep.
- Eat a healthy diet.
- Exercise regularly.

By incorporating these activities into your daily life, you can increase your levels of oxytocin and vagus nerve activity, which will help you to strengthen your social bonds, life satisfaction and become more resilient.