

Reducing Stress with your Smile and Breath - Course Outline

Course Summary

Every so often, your brain needs a good reset or recharge as it's caught up in the details of the day. Especially when you're working at a computer for long periods of time.

Let's take these few minutes each day to focus on our posture, our breath, and most importantly, our smile. It might feel counterintuitive to force yourself to smile, but it can help transform your state of mind, and the more you practice, the less forced it will feel.

This breathing exercise is all about surrendering to the present moment and getting our brains to release those feel-good chemicals (dopamine, endorphins, and serotonin).

Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health providers with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website.

Welcome!

Video Section:

[Intro Video]

Video Notes:

- *Welcome them to the course and thank them for checking it out!*
- *Tell them a little bit about you!*
- *Give them an overview of the lessons and what they consist of (video, some copy, meditation audio)*
- *Tell them about the quick start guide below*
- *Tell them how excited you are to get started and jump into the audio below!*

Lesson Copy:

I used to be someone that never wanted to take a minute and just breathe. For me, it was always “go, go, go!” “Rest is for the weak!” is what I’d tell myself.

Over time, I realized that this strategy wasn’t sustainable. I needed to find a way to reset and recharge (on those days when a long nap just isn’t in the cards) so I could still keep up with the demands of my life and career.

This course is a unique combination of meditation and body-hacking. I’ve gathered the best bits and pieces from each area of study and put them together here in one easy-to-practice meditation exercise.

I created this course so I could share the benefits I’ve received with you. It’s helped me tremendously in my life and I know it will help you too. When we’re all less stressed and angry, the world is a better place.

Now the big question is, can you give yourself 10 minutes a day to just breathe? Let’s find out!

Move on to the next lesson to start controlling your breath!

Even though I highly recommend it, if you don’t want to watch the videos or go through the audio meditations, you can download the quickstart guide.

[Download the Quickstart Guide]

Controlling your Breath

Video Section:

[Intro Video]

Video Notes:

- Talk about the breath and how it activates your parasympathetic nervous system

Lesson Copy:

What’s impressive about our breathing is that it’s something that happens unconsciously but at the same time, we can also consciously control it. It’s this shift that allows you to unlock all of its

powers. It's something we always have right there when we need it. Think of your breath as the metronome of your life.

Instead of focusing on our mind, we'll focus on our breath. Feel the air entering and leaving our body, our lungs expanding and contracting.

Dive into the audio meditation below or download the quickstart guide!

Audio Section:

[Meditation Audio]

Audio Notes:

- Welcome to the meditation on Controlling your breath
 - Now that you've watched the video for this lesson, you've learned a little bit more about how your breath can be a key tool in reducing your stress and how it's always there when you need it most
 - Now it's time to put that theory into practice
 - Find a quiet, preferably dark space or room where you won't be disturbed
 - You can do this standing up, sitting down, or laying down flat on your back
 - Gently close your eyes and relax them
 - Relax your face muscles
 - 5 Breaths (in and out counts as one breath)
 - Coach them
 - 5 Breaths (in and out counts as one breath)
 - Coach them
 - Practice this each day to start becoming more aware of your breath and I'll see you in the next lesson on changing your posture
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Changing your Posture

Video Section:

[Intro Video]

Video Notes:

- Talk about your posture can be a reflection of how you're feeling. When you adjust your posture to a confident pose, your body sends signals to your brain and it releases the feel good-chemicals (dopamine, endorphins, and serotonin)

Lesson Copy:

**How are you sitting right now? Are you hunched over? Are your shoulders rounding?
Changing our posture is crucial to how we feel.**

When we're stressed out or anxious, we tend to curl up, constrict our bodies, and hunch over. It's time to be more aware of our posture and how that affects how we feel.

If we change our posture to a more confident position, also known as a power pose, we can start sending signals to our brain to release those feel-good chemicals.

Dive into the audio meditation below or download the quickstart guide!

Audio Section:

[Meditation Audio]

Audio Notes:

- Welcome to the meditation on Changing your posture
 - Now that you've watched the video for this lesson, you've learned a little bit more about how your posture can be used to send signals to your brain to release those feel-good chemicals. Now it's time to put that theory into practice
 - Find a quiet, preferably dark space or room where you won't be disturbed
 - You can do this standing up, sitting down, or laying down flat on your back
 - Gently close your eyes and relax them
 - Relax your face muscles
 - 5 Breaths (in and out counts as one breath)
 - Coach them
 - 5 Breaths (in and out counts as one breath)
 - Coach them
 - Practice this each day to start becoming more aware of your posture and I'll see you in the next lesson on mastering your smile
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Mastering Your Smile

Video Section:

[Intro Video]

Video Notes:

- Talk about the breath and how it activates your parasympathetic nervous system

Lesson Copy:

What kind of face are you making right now? Are you aware of the muscles in your face? Odds are that you're not smiling while you're reading this– but I could be wrong (and I sure hope I am!)

I know it might feel counterintuitive to smile even if you don't feel like it– but it's such a powerful tool to change your mood. Smiling is another way we can trick our brains into releasing those feel-good chemicals.

As you're practicing your smile, it's important to be aware of the muscles in your face that are helping you make it. This is another great way to get out of your head and into your body.

Now let's start smiling!

Dive into the audio meditation below or download the quickstart guide!

Audio Section:

[Meditation Audio]

Audio Notes:

- Welcome to the meditation on Mastering your smile
 - Now that you've watched the video for this lesson, you've learned a little bit more about how your smile can be used to send signals to your brain to release those feel-good chemicals. Now it's time to put that theory into practice
 - Find a quiet, preferably dark space or room where you won't be disturbed
 - You can do this standing up, sitting down, or laying down flat on your back
 - Gently close your eyes and relax them
 - Relax your face muscles
 - 5 Breaths (in and out counts as one breath)
 - Coach them
 - 5 Breaths (in and out counts as one breath)
 - Coach them
 - Practice this each day to start becoming more aware of your smile and I'll see you in the next lesson on bringing it all together
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Bringing it All Together

Video Section:

[Intro Video]

Video Notes:

- Talk about how to bring it all together

Lesson Copy:

If you've made it this far, you've learned how to focus on your breath, posture, smile so you can get out of your head and into your body.

Now it's time to bring it all together with one last meditation to review what we've learned and keep practicing.

If you take 5 to 10 minutes out of your day to bake this into a routine, I know you'll start to see your stress reduce and your focus increase.

Thanks so much for joining me on this journey out of our minds and into our bodies!

Dive into the audio meditation below or download the quickstart guide!

Audio Section:

[Meditation Audio]

Audio Notes:

- Welcome to the meditation on Bringing it all together
- Now that you've watched all the videos in this course and done the meditations, hopefully, you've felt the difference between how you're arriving to the meditations and how you're leaving them
- Find a quiet, preferably dark space or room where you won't be disturbed
- You can do this standing up, sitting down, or laying down flat on your back
- Gently close your eyes and relax them
- Relax your face muscles
- 5 Breaths (in and out counts as one breath)
- Coach them
- 5 Breaths (in and out counts as one breath)
- Coach them
- Practice this each day to start becoming more aware of your smile and I'll see you in the next lesson on bringing it all together