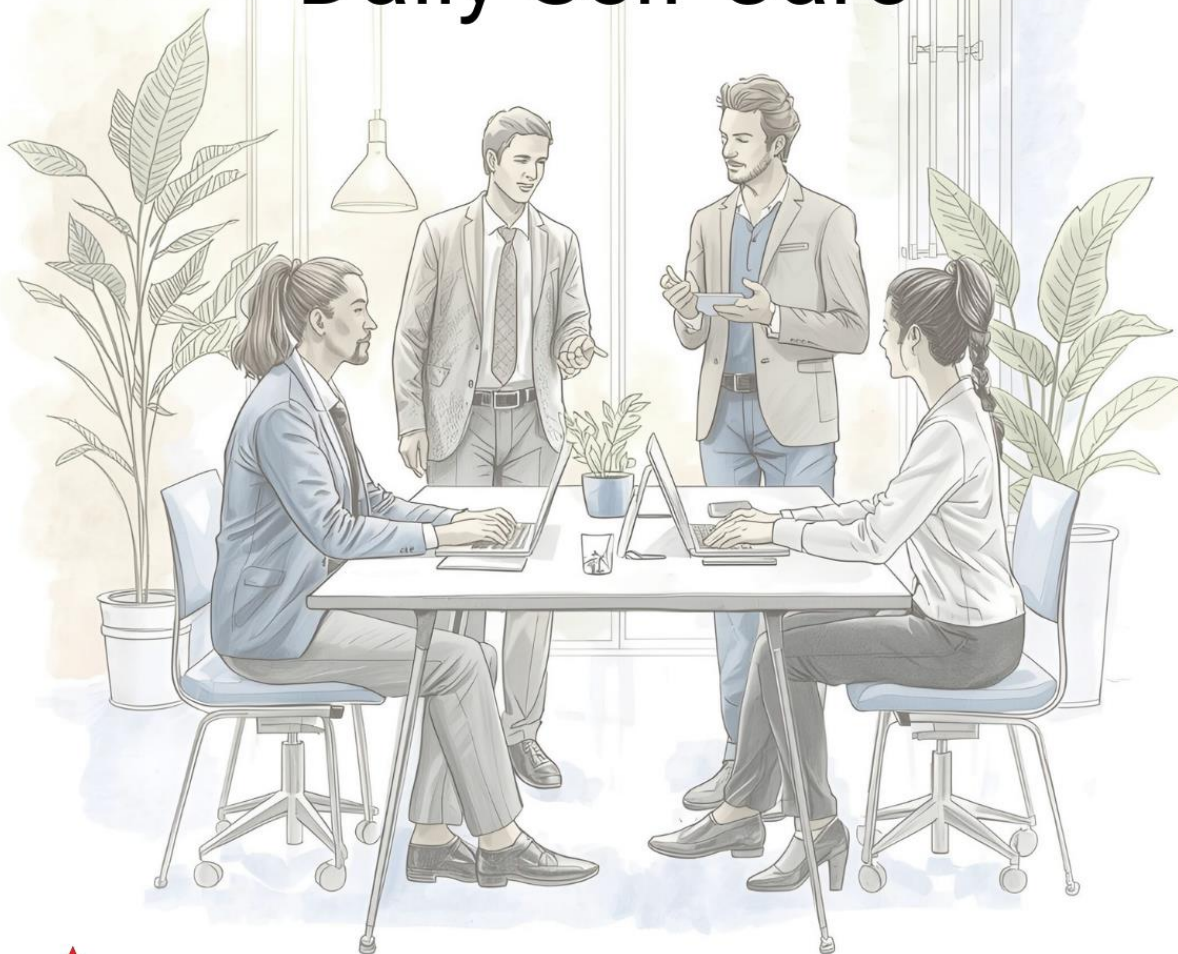


World Mental Health Day 2025

Mental Health in the Workplace

A BioEnergetic Wellness Tool Kit for Daily Self-Care



CanBeWell
Canadian Association of
BioEnergetic Wellness

CANBEWELL.ORG



IASK International
Association
of Specialized
Kinesiologists

IASK.ORG

Published by Wainess Publishing, 4614 Route 252, Mabou, Nova Scotia, Canada B0E 1X0 902-945-2967

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ISBN: 978-1-998596-07-2

E-Book

Cover and Design by: Theresa Stone

Graphics with author articles provided by the authors

Disclaimer: This book is designed for individuals to have self-care tools at their fingertips to engage the innate healing potential we all possess. It is not intended to diagnose, treat or prescribe. The authors of this book do not accept responsibility for anyone's use of the tools other than intended. Self-responsibility is the key to using any tool and for seeking medical advice when needed.

For those sharing these tools with students, families, and friends, please share the full PDF copy so that everyone has access to all the tools. If using a handout, please be sure to cite the original source.

Acknowledgements: The authors of this book have spent several decades studying and using the techniques listed in this book. They understand the necessity of sharing their value with the world to be resilient and thriving regardless of the daily challenges. They recognize the incredible contributions of authors and teachers who have gone before to share Touch for Health®, Therapeutic Touch®, Natural BioEnergetics®, Brain Gym®, and more. They have all used the tools to support their personal lives and the lives of their students and clients. They encourage you to seek instruction in the above disciplines to learn more. Classes and educators in your area or online can be found at the Canadian Association of BioEnergetic Wellness, www.canbewell.org and <http://linktr.ee/canbewell>, including CanBeWell partners: www.atlanticttn.com, www.ttn.ca, www.naturalbioenergetics.ca, <https://linktr.ee/muscletuners>, <https://linktr.ee/BrainGymCanada>. As well as www.iask.org where you can find facilitators, associations from around the globe, and members who are eager to support and advance training and experience in Specialized Kinesiology and BioEnergetic Wellness.

The authors thank families and friends for their love and support of their pursuit of this vibrant career and their compassionate outreach to assist the world. Without their support in holding the space for creativity, study, collaboration, and listening, these projects would not be possible.

INTRODUCTION

World Mental Health Day is an opportunity for individuals and communities across the globe to come together, reflect, and take meaningful steps toward creating healthier, more supportive environments for mental and emotional well-being. For 2025, **IASK.org** and **CanBeWell.org** are proud to present a collaborative event that focuses on one of the most pressing areas of concern today: **Mental Health in the Workplace**.

This initiative builds on the success of our first annual World Mental Health Day event in 2024, where participants from around the world were introduced to the power and potential of bioenergetic wellness and specialized kinesiology. Those initial presentations sparked a wave of interest and connection, as people experienced practical tools and insights that could help them navigate stress, build resilience, and support their overall health. This year, we are expanding that mission with a special focus on the workplace—an environment that touches nearly every aspect of modern life.

The workplace today is more complex and demanding than ever before. Parents juggle the competing obligations of family and work. Remote work blurs the boundaries between professional and personal life. Entrepreneurs carry the weight of vision, risk, and responsibility. Leadership teams must balance organizational goals with the well-being of their employees. Meanwhile, individuals at every level struggle to maintain energy, focus, and a sense of connection in the face of constant change. These realities underline the need for mental health strategies that are both accessible and practical.

Our 2025 event brings together **12 presenters across three time zones**, offering diverse perspectives and practices to support self-care both at home and in the office. These presenters bring years of expertise in wellness, kinesiology, leadership, and self-care practices. They understand the challenges of today's workplaces and will share tools designed to be integrated into daily life. The aim is not only to ease stress in the moment but also to build long-term habits that promote balance, resilience, and joy.

Through this initiative, we hope to empower participants with tools that are:

- **Practical:** Simple techniques that can be used anytime, anywhere—whether between meetings, at a desk, or during a break at home.
- **Empowering:** Strategies that remind individuals they already hold the power to influence their mental and emotional well-being.
- **Transformative:** Approaches that open the door to deeper exploration of bioenergetic wellness and specialized kinesiology for those who wish to go further.

Our vision is to create a workplace culture where mental health is prioritized and supported. By sharing these resources, we hope to reduce stress, enhance productivity, and strengthen the sense of connection within teams and communities. Just as importantly, we aim to remind each individual that caring for oneself is not a luxury, but a necessity—one that supports every other role and responsibility in life.

We invite you to explore the presentations in this e-book, try out the tools, and share them with others. For those interested in learning more, resources can be found at www.canbewell.org and www.iask.org, as well as through the **CanBeWell YouTube channel**, where additional programs and demonstrations are available.

Together, we can create workplaces—and communities—that are not only more productive but also more compassionate, supportive, and resilient.

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NATASCHA POLOMSKI, MSc CIH BioEW

Natascha Polomski, MSc CIH (BioEW), is a Burnout Recovery Guide, BioEnergetic Wellness Professional, and passionate advocate for stress relief, emotional resilience, and sustainable self-care. Her mission is to help high-stress individuals reconnect with their inner calm and thrive beyond burnout.

Born and raised in Germany, she now calls Nova Scotia home. Her own healing journey—from burnout and adrenal fatigue to emotional clarity—has shaped her deep commitment to guiding others back to balance. Natascha believes in treating each person as a unique individual, meeting you where you are with compassion, awareness, and practical tools rooted in sound, vibration, frequency, and intention.

Her signature approach, BioEnergetic Vibrational Tuning, weaves together ancient techniques and modern insights to support stress management, energy restoration, and mental clarity. Whether through remote sound sessions, group workshops, or 1:1 guidance, she offers a safe space for deep transformation.

Credentials & Training:

With a background that includes a Diploma in Business Administration, a Master of Science Degree in Complementary and Integrative Health (CIH), and over two decades of training in holistic wellness, I bring both science and spirit to my work. My path has included:

- Ayurvedic Wellness Therapist & Beautician (Seva Academy, Munich)
- Sound Therapist (Einklang Institut, Germany)
- Peter Hess® Klangmassage Practitioner
- Therapeutic Touch® Recognized Practitioner
- Co-creator of Therapeutic Touch for Families and Tea with Intention
- Developer of BioEnergetic Vibrational Tuning and Raising BioEnergetic Awareness

She's also led Therapeutic Touch practice groups for over a decade and is a practitioner member of CanBeWell (Canadian Association for BioEnergetic Wellness).

Author & Educator:

Her books and programs support accessible, real-life self-care, including:

- Resilience in Chaos – A guide for emergency professionals facing burnout
- BioEnergetic Essentials – Simple self-care tools for everyday calm
- Self-care for Educators – Wellness in the classroom
- Tea with Intention – Ritual and vitality in every cup



You can also hear Natascha in action on her YouTube podcast, [*Ramblings of a Busy Mind*](#), where she explores stress, healing, and life's messy beauty with honesty and humour.

Join her in a space where self-care is sacred, burnout is reversible, and well-being becomes your new normal.

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Holding Space: Giving vs. Offering

Natascha Polomski, MSc CIH BioEW, 2025-08-09

Have you ever been in a meeting or a conversation where you could sense that someone was truly present with you, not just listening to your words, but creating a space where you felt heard, respected, and safe to express yourself?¹ That, in its essence, is holding space.

In leadership, in business, and our personal lives, we often talk about listening skills, empathy, and emotional intelligence. However, holding space goes one step further; it is about being with someone without trying to control the outcome, fix the problem immediately, or make the moment about ourselves.²

Now, here is where I want to draw a distinction that's often overlooked — the difference between giving space and offering space. Although both actions sound similar, they are not the same, and this difference changes the energy of the interaction.

Giving Space – The Subtle Hierarchy

When we talk about giving space, the implication is that we own it and are now allowing someone else to use it. It can unconsciously create a subtle hierarchy:³

- I am the one in control.
- I decide if you get this space and for how long.
- This space is mine to give, yours to receive.

In business contexts, giving space can feel like a grant of permission. For example:

- A manager tells an employee, "I am giving you space to share your concerns."
- A colleague says, "I will give you a few minutes to explain."

While these can be well-intentioned, the framing can leave the other person feeling they must justify the use of that space, or that it could be taken away at any moment. It is not wrong, but it is transactional.⁴

Offering Space – The Empowering Alternative

Offering space, however, shifts the dynamic entirely.

When we offer, we invite. We create an open environment that is not owned or controlled, but shared. We hold the container, but the other person has equal agency within it.⁵

Offering space communicates:

- This is a shared moment.
- You are safe to take what you need here.
- I trust you with your own process.

The language changes too:

- “I would like to offer you a moment to share what is on your mind.”
- “I am offering this space for us to explore possibilities together.”

The difference is subtle but powerful, and people feel it. Offering space removes the need for the other person to “earn” the right to be there. Instead, it is a collaborative choice to engage.⁶

Why This Matters for Business Professionals

In leadership and client relationships, the way we frame space affects:

- **Trust:** Offering builds psychological safety faster.⁷
- **Collaboration:** People are more willing to share openly when they feel equal ownership of the space.
- **Innovation:** Creative thinking thrives when there is no fear of judgment or time pressure.
- **Conflict resolution:** Offering space de-escalates tension and invites solutions without defensiveness.

When professionals learn to shift from giving to offering, they stop managing conversations and start facilitating transformations.⁸

The Energetics of Holding Space

Holding space is not passive. It is an active choice to be present, non-judgmental, and open.⁹

Think of it as creating a container, a circle in which all voices matter and where the focus is not on controlling the flow, but on allowing what needs to emerge to emerge.

When you give space, you still hold a form of control over that container. When you offer space, you open the container for shared use, and that creates a different energetic exchange.¹⁰

Practical Ways to Offer Space in Business

Here are a few strategies to practice offering rather than giving space:

1. Change Your Language

Instead of: "I will give you a few minutes..."
Say: "I would like to offer a few minutes..."

2. Clarify Your Intentions

- Let the person know your role is to support and witness, not to direct or fix unless asked.

3. Create Time Without Rush

- Offering space means allowing the conversation to unfold naturally, even if there are pauses.

4. Listen Without Agenda

- Do not prepare your response while they are speaking — focus entirely on understanding their perspective.

5. Acknowledge and Reflect

- Show that you have heard them by reflecting back what they have said in their own words.

An Invitation

The next time you are in a leadership conversation, a client call, or even a networking chat, notice the words you choose and the energy behind them.

Ask yourself:

- Am I giving this space, or am I offering it?
- Does this moment feel like a transaction or an invitation?

When we choose to offer space, we are not just changing our words — we are changing the foundation of trust, respect, and collaboration.¹¹

In the world of business, that shift can mean the difference between a conversation that ends at the surface... and one that opens the door to meaningful connection, innovation, and growth.

So today, I invite you to offer space, and watch what happens when people step into it.

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- ¹¹ The Guardian. (See Reference 4).

Holding Space: The Difference Between Giving and Offering

GIVING SPACE

Permission with Conditions

- “I’m giving you space...” — Implies ownership & control
- Space is conditional; can be taken away
- Creates subtle hierarchy between facilitator & client
- Often feels transactional rather than collaborative
- May unintentionally limit openness

OFFERING SPACE

An Open Invitation

- “I’d like to offer you space...” — Invites collaboration
- Space is shared and co-created
- Communicates trust & equality
- Encourages deeper connection and openness
- Fosters client empowerment & self-agency



“The words we choose shape the space we hold. Offer, don’t just give.”

[illegible]

DR. EVELYN MULDER, DHC CIH BioEW

Evelyn Mulders, recently awarded an honorary Doctoral Degree in Complementary and Integrated Health with the concentration of Bioenergetic Wellness, is foremost a healer and teacher.

Shifting careers from Engineering Technology to Energy Medicine in the early 1990s, Evelyn continues her enthusiastic pursuit to offer solutions to a problem with her focus on people and their physical/emotional, and spiritual environment.

Being a Holistic Practitioner, Evelyn noticed that clients reached their life goals faster and easier if they implemented vibrational remedies such as flower essences, gemstones, or positive affirmations into their daily routine.

Experimenting with Vibrational Remedies in support of her clientele, Evelyn became the alchemist of Sound Essence Vibrational Remedies in 1999, using sound, herbs, and various other vibrations. She offers these to her client in support for the vibrational shift that occurs in the therapy session.

This work expanded into offering vibrational support to businesses in collaboration with Denise Cambiotti. Business Code Breakers was incepted in 2022. Intention + Vibration = Manifestation has become the mantra for businesses around the globe.

Evelyn created the Kinesiology College of Canada (2001) and gained status as Senior Faculty for the International College of Professional Kinesiology, offering the intensive 60-unit Professional Kinesiology Practice to Canada, and has taught 100's of students.



As a seasoned healer/teacher and extremely involved in the international community of Bioenergetic Wellness, presenting information at every opportunity, and with her passion for educating, Evelyn was inspired to write two published books and a herbal healing card deck, "Western Herbs for Eastern Meridians and Five Element Theory", "The Essence of Sound" and "Whispering Herbs Healing Cards".

Even after the age most retire, Evelyn promises to reveal a new system in collaboration with Denise Cambiotti, Inner Radiance. This system will hone into the emotional and spiritual blockages to offer vitality using Sound Essence Vibrational Remedies.

7 BioEnergetic Wellness Tips to Boost Mental Health in the Workplace

Abstract:

World Mental Health Day reminds us of the importance of nurturing our minds, especially in the workplace, where stress, deadlines, and constant demands can drain our energy. By applying simple bioenergetic wellness techniques, employees can cultivate resilience, creativity, focus, and a sense of connection. The following seven practices offer practical, quick, and effective ways to support mental vitality throughout the day.

The Workplace & Mental Health

Mental fatigue, stress, and burnout have become common challenges in modern workplaces. These issues not only impact productivity but also creativity, interpersonal relationships, and overall well-being. Mental health initiatives often focus on policy and resources, but what about daily self-care tools that individuals can practice anytime, anywhere?

This is where **Bioenergetic Wellness** comes in—a holistic approach that connects mind, body, and energy. These tips are designed to be simple, accessible, and effective, allowing you to recharge, reset, and realign your mental health during your workday.

7 Bioenergetic Wellness Tips for Mental Health

1. Tap Your Thymus & Call Back Your Energy

With your fingers, gently tap the thymus area (just below the collarbone at the center of your chest). As you tap, say: *"I am [your name]."*

This anchors your energy back into your body, strengthens your immune system, and brings focus to the present moment.

<https://youtu.be/SVCGEGGeg14>

2. Polarity - Stimulate Kidney Meridian Point 27

Take two fingers from each hand and cross them over to rub the soft spots just below your collarbones (Kidney 27 points). This simple movement helps reduce stress, balance your energy, and boost clarity.

<https://youtu.be/7MzGRsmSKRw>

3. The Ho'oponopono Prayer

Repeat the four healing phrases:

"I'm sorry. Please forgive me. Thank you. I love you."

This practice clears negative emotions, heals inner tension, and restores harmony in relationships and self-talk.

<https://youtu.be/6HGeEKXu2dE>

4. Draw Figure Eights

On a piece of paper, draw the figure eight (∞) seven times in different directions. This movement enhances brain integration, encourages problem-solving, and boosts creativity.

<https://youtu.be/ztE3jp2fMMM>

5. Balance Your Chakras with Song

Sing or hum the musical scale from Julie Andrews' *"Do Re Mi"* (Do, Re, Mi, Fa, So, La, Ti, Do). The vibration aligns and balances your chakras, uplifting your energy and mood.

<https://youtu.be/HOYDeseBvJ8>

6. Tap Around Your Navel

Using your fingertips, gently tap in five points surrounding your navel. This stimulates organs and meridians connected to digestion, energy flow, and emotional resilience.

https://youtu.be/Gjxl_UdpH4U

7. Meditate with All Seven Senses

Close your eyes and imagine your happy place using:

- **Smell** – What scents are around you?
- **Taste** – What flavors linger in your mouth?
- **Sight** – What do you see when looking at yourself here?
- **Touch** – What are you holding or feeling?
- **Sound** – What noises are nearby?
- **Color** – What hues surround you?
- **Mind/Voice** – What words or affirmations rise up to be spoken?

This multi-sensory meditation reconnects you with peace, joy, and inner vitality.

<https://youtu.be/yT6CD07yTq0>

Conclusion

By weaving these seven practices into your workday, you can restore balance, improve focus, and strengthen your mental well-being. Bioenergetic wellness provides not just stress relief but a foundation for creativity, connection, and long-term resilience—qualities every workplace needs to thrive.

7 Bioenergetic Wellness Tips for Mental Health

1. **Tap Your Thymus** – Say “I am [your name]” to ground & energize.
2. **Polarity: Rub Kidney 27 Points** – Calm stress & sharpen focus.
3. **Ho’oponopono Prayer** – “I’m sorry. Please forgive me. Thank you. I love you.” Heal & release.
4. **Draw Figure Eights** – Boost creativity & brain balance.
5. **Sing the Scale** – “Do, Re, Mi, Fa, So, La, Ti, Do” to align chakras.
6. **Tap Around Navel** – Unlock energy & support vitality.
7. **7-Sense Meditation** – Smell, Taste, Sight, Touch, Sound, Color, Mind—immerse in your happy place.

Use these tools anytime at work to recharge your energy, focus your mind, and cultivate a calm connection.

[illegible]

COLIN MACLEOD & DR. MICHELLE GREENWELL, PhD CIH BioEW

Harmonics for Business CEO

Colin MacLeod: Expertly guiding teams to embrace organizational change with enhanced collaboration, productivity, and profitability.

For over 27 years, in his roles as a consultant/contractor, Colin has worked to support finance teams within organisations, as they navigate challenges during organizational change. Most recently, he served at Edinburgh University as a project accountant, finance business partner, and project team lead.

Prior to that, he held the role of Financial Controller with a multi-million-dollar company in Australia. His journey in the financial world has shown him that while “the numbers” certainly matter... the emotions of the people managing the numbers and overseeing the money are often overlooked while implementing system-wide change.

Whether it’s adapting to new IT systems, incorporating transitions in team roles, or market-driven staff adjustments, Colin has witnessed first-hand how crucial it is to support the “human side” of change. Doing so allows change to be embraced — rather than resisted.

This insight led him to create “**Harmonics for Business**,” where he blends his financial acumen with my 40 years of experience as a Celtic fiddle musician. Music has taught him to be attuned to emotions, whether performing solo or in a band— and he applies this understanding to help guide organizations and their teams smoothly through transitions.

Through “**Harmonics for Business**,” Colin works to empower teams to embrace change with confidence and creativity, turning potential stumbles into strides.

Let’s work together to transform organizational change into a harmonious journey toward greater work satisfaction for team members, greater productivity for the Team, and greater profitability for the Organization as a whole.

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Collaborator from the Greenwell Center for Holistic Health



Dr. Michelle Greenwell, PhD CIH BioEW

With over four decades of experience in movement through professional dance and Tai Chi, **Dr. Michelle Greenwell** is a recognized leader in integrating the healing arts with wellness strategies for personal and professional success. Her dynamic approach weaves together the science of movement with energy medicine and mindfulness practices, offering innovative solutions to support the health and vitality of entrepreneurs, executives, CEOs, and employees alike.

A pioneer in Complementary and Integrative Health for BioEnergetic Wellness, Dr. Greenwell specializes in balancing the body's systems to create harmony in physical, emotional, mental, and spiritual well-being. She empowers individuals and organizations to move beyond stress, fatigue, and burnout, guiding them toward clarity of purpose, emotional resilience, mental focus, physical alignment, and sustainable energy.

Whether in a boardroom, retreat, or virtual class, Michelle's programs offer a transformative experience, blending movement, music, and intention to foster deep self-awareness and alignment with personal and professional goals. Her multidimensional self-care strategies are a vital addition to any business looking to enhance workplace culture, improve mental health outcomes, and elevate job satisfaction.

Dr. Greenwell brings a grounded, heart-centered presence to her work, championing holistic leadership, vibrant teams, and meaningful change in the workplace and beyond.

Resources and Contact Information

Her full resources can be found at <https://linktr.ee/greenwellcenter>

Her wealth of knowledge and experience shines through her podcast: [Be Well with Dr Michelle Greenwell](#), now in Season 5.

The [@michellegreenwell YouTube channel](#) has resources for all wellness topics, including the art of creating the perfect tea blends for www.capebretontea.ca.

Be sure to check out the [Magnifying Peace Project](#).

Her award-winning books, card decks, and programs can be found in the shop at www.greenwellcenter.com

To explore our curated harmonic recordings and empowering movement practices, visit:

Seated Foot Exercises from Tai Chi: <https://youtu.be/rD1st4jcg4I>

Hands Only Don Yu's from Tai Chi:

<https://youtu.be/Es4ovVhJ8c4>

Ear Rub from Touch for Health®:

<https://youtube.com/shorts/5qBLgaBBMP0>

Transform your office. Transform your life.
One frequency at a time.



Harnessing Harmonics for Mental Endurance in the Workplace

By Harmonics for Business

In the modern workplace, mental endurance is more than a nice-to-have—it's essential. Amid the challenges of fatigue, wavering morale, imposter syndrome, and the pressure to perform, many individuals feel increasingly disconnected from their purpose and drained of energy. But what if a few simple shifts in posture, mindset, and environment could reignite our confidence, creativity, and connection? At Harmonics for Business, we explore how harmonics—through posture, music, and subtle movement—can create profound impacts on personal and team performance.

Imposter Syndrome and Mental Fatigue

Imposter syndrome, the internal experience of believing that you're not as competent as others perceive you to be, affects approximately 70% of people at some point in their careers (Bravata et al., 2020). It often leads to chronic self-doubt, burnout, and the inability to celebrate success. Mental fatigue—caused by sustained stress and overstimulation—can exacerbate this condition, making it harder to think clearly, connect with teammates, or contribute meaningfully.

These challenges aren't merely psychological—they're physiological. Our posture, breath, and movement patterns are deeply connected to our emotional and cognitive state. Understanding this, we have developed a three-part strategy: Posture and Attitude, Mindset, and Dynamic Sitting.

1. Posture and Attitude: The Foundation of Confidence

We often think of posture as a visual cue of confidence, but it's much more. Poor posture, such as slumping in a chair with legs wrapped around chair legs, weight slouched onto the tailbone, and head extended toward a computer screen, compresses our lungs and limits oxygen flow to the brain. This alone reduces mental clarity and increases fatigue.

A balanced seated posture—with feet firmly on the floor, weight evenly distributed between the sitz bones and tailbone, spine lifted, and ears aligned over shoulders—creates what we call the "Power Pose." This isn't a position of tension; rather, it is a state of natural suspension where effort is reduced, and the body feels supported and open.

A 2010 study by Carney et al. found that power poses can reduce cortisol (the stress hormone) and increase testosterone, which supports confidence and risk tolerance.

When paired with uplifting music tuned to higher frequencies (such as 528 Hz for cellular healing or 432 Hz for mental clarity), posture becomes a gateway to elevated energy and inner calm. These frequencies can help release tension in deep tissues, improve breathing, and stimulate the vagus nerve, encouraging relaxation and mental focus.

2. Mindset: Moving Beyond Mind Over Matter

The popular phrase “mind over matter” suggests that change comes from thought alone. However, movement is the gateway to mindset. When we move differently—particularly through postural alignment and gentle rhythmic motions—we reprogram how the brain and body process information and respond to stress.

Music plays a key role here as well. The use of intentional soundscapes in the workplace can elevate mood, enhance problem-solving, and even promote empathy among teams. Research from Stanford University indicates that music with a strong beat can stimulate brainwaves to synchronize with the rhythm, enhancing alertness and cognitive function.

By integrating specific harmonics into your workspace, it’s possible to shift your internal state toward one of creativity, adaptability, and open communication. This state is essential for collaborative problem-solving and for navigating change in high-performance teams.

3. Dynamic Sitting: Movement Within Stillness

Dynamic sitting is not fidgeting—it’s intentional, subtle movement that keeps energy flowing throughout the day. Foot exercises, hand-only Don Yu’s (a traditional Tai Chi movement), and ear rubs can be done at your desk—even during virtual meetings—to stimulate circulation, reduce tension, and improve mental alertness.

These micro-movements increase proprioceptive awareness and activate meridian systems in the body, helping regulate stress and anxiety responses. They also support the lymphatic and circulatory systems, providing a gentle energizing boost without needing to leave your workspace.

Paired with music that supports your intention—whether it’s focus, calm, or motivation—dynamic sitting empowers your body and mind to stay engaged without exhaustion. Our Harmonics for Business audio tracks are designed with these goals in mind and can create a noticeable shift in just minutes.

Rethinking the Workday: Your Office as a Wellness Space

What if the limitations you experience at work aren’t about your skillset or stamina—but about the way your body is being held and heard? We challenge the traditional notion that wellness happens outside of work hours. When we use posture, frequency, and dynamic movement throughout the day, our workspace becomes a sanctuary for resilience, not a battlefield for burnout.

At Harmonics for Business, we help individuals reclaim their energy, realign their purpose, and rediscover joy in their contribution to a team. Whether you are an executive, an entrepreneur, or a team member, these tools are accessible and transformative.

So, take a moment. Sit tall. Breathe deeply. Add music that lifts your spirit. Allow movement to shift your mindset. With the right tools, your workday becomes a pathway to empowered self-care, authentic connection, and sustainable success.

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DR. DENISE CAMBIOTTI, DHC CIH BioEW

Denise Cambiotti is the founder of [Muscle Tuners International](#) and is a renowned expert in holistic health and wellness.

She specializes in identifying and resolving muscular imbalances and dysfunctions. With a diverse skill set encompassing muscle response testing, acupressure, and energy work, Denise empowers her clients to overcome pain, restore balance, and optimize their physical performance.

Through her online programs, which include time-tested and new proprietary methods, she trains body-therapists, energy workers, and fitness trainers to enhance job satisfaction, their own physical wellness, and extend their career lifespan. She also loves to empower members of the public with easy self-care activities that make a noticeable difference!



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The "Triad of Health" Model Supports Wellness

By Denise Cambiotti, DHC CIH BioEW

What's This Model About?

This article is about the "Triad of Health," which means how our feelings, bodies, and the food we eat all work together to help us feel better. Think of it like a triangle where each side helps the other.

How We Stand Matters

When we stand up straight and look up, we feel more confident and happy. Friends might remind you to "keep your chin up" to help you stay positive because standing tall can make us feel strong and good inside.

Eating Well Helps Too

Eating healthy foods helps our bodies grow strong and keeps our mind happy. When we eat well, it's easier to stand up straight and feel motivated to live a more active life. This starts a positive spiral. Good foods help our body and mind work better.

Why Is This Important?

Our body, mind, and healthy food all help each other. If you focus on making one better, like standing straight or eating healthy, the others will improve too. Taking a small step to helps us feel better overall.

Try It Yourself

If you're feeling a bit sad, try standing or sitting up straight, lifting your head, and smiling for 30 seconds. It might help you feel a little happier. If so, remember to do this often!

Find Your Balance

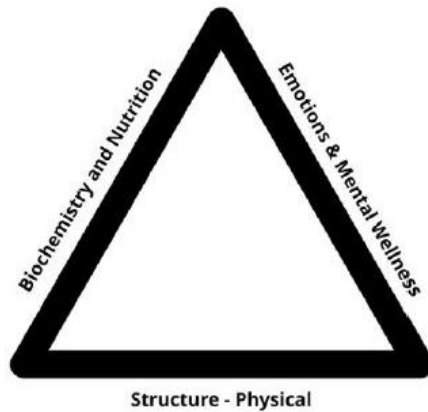
If one part of your life feels hard, like if you're tired or upset, remember that focusing on just one of these core ideas can help everything else too. You can also talk to experts who know about food, feelings, and exercise for more help.

Energy and Wellness

People who understand how energy works in our bodies can help us feel better. Muscle Tuners International teaches ways to make your body and mind feel good.

What The Triad of Health Model Looks Like:

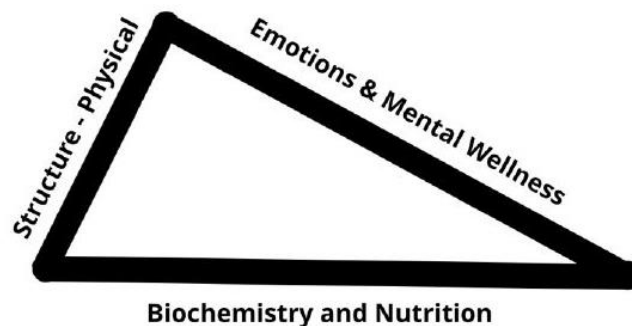
When you are feeling great in mind, body and spirit, there is greater balance in your life. A model that illustrates this is the equilateral triangle:



This is known to be a very stable shape. It can withstand a lot of pressure and represents how you feel when your life is in pretty good balance.

However, when you are feeling tired or in pain, avoiding exercise, when you're making poor diet choices, or when your moods are all over the place, this can cause the triangle to get pushed out of shape.

See this example below, where the 'physical side is pulling the other two sides out of proportion. Relatively minor pressure on either of the long sides can cause a collapse:



The good news is that anything you can do to nudge yourself in the right direction will positively affect the other two sides. It doesn't matter which side is most out of balance.

To learn more, visit this website:

<https://www.muscletuners.ca>

You can find a free article about BioEnergetic Wellness here:

<https://www.muscletuners.ca/articles-and-talks>

Or reach out to the author:

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ANN SMETS

Ann Smets is a holistic health practitioner and founder of *Soulestara*. With a foundation in the **Universal Healing Tao system** and over two decades of experience in complementary therapies, she guides individuals on the path of inner balance and soul reconnection.

Her work combines **Chi Nei Tsang abdominal healing, Taoist practices, aromatherapy, and energy medicine** with multidimensional modalities such as **Sacred Activations, crystalline water lightcodes healing, and frequency-based therapies**.

Ann's mission is to help people **restore their multiple layers of being – physical, mental, emotional, spiritual, and karmic – so they can step into resilience, joy, and sovereignty**. She has worked internationally as a healer and wellbeing consultant, weaving together ancient practices with modern trauma science to support holistic health and awakening.

Through *Soulestara*, Ann creates spaces where people remember their true essence as **vibrational beings of light**, aligning body, mind, and soul into harmony.

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Pathways to Mental Resilience

Simple techniques to re-train the nervous system and reconnect with your essence

By Ann Smets – Soulestara

The invisible weight of overwhelm

Emotional overwhelm, trauma, and burnout are no longer rare exceptions – they have become part of the fabric of our fast-paced lives. Whether from sudden life events, ongoing stress, or childhood imprints, the effects often linger long after the situation has passed.

Modern trauma science shows us that these experiences are not “just in the mind.” They deeply affect the central nervous system (CNS), keeping it locked in survival mode. When the nervous system is dysregulated, the brain and body remain on constant alert. Over time, this dysregulation underlies much of what we recognize as anxiety, depression, insomnia, or emotional instability.

The role of the nervous system in mental health

It is important to be clear: mental health challenges (like anxiety, depression, burnout, PTSD) are not caused solely by a stressed central nervous system (CNS).

They arise from a complex interplay: genetics, life experiences, trauma, environment, social context, and the way the brain–nervous system–body interact.

However – what is true (and what modern trauma science emphasizes, through the work of Stephen Porges’ Polyvagal Theory and Bessel van der Kolk’s *The Body Keeps the Score*) – is that:

- The nervous system is central in how we experience mental health.
- When our CNS is stuck in survival mode (fight–flight–freeze), it profoundly shapes our thoughts, emotions, and ability to regulate stress.
- Healing therefore, must include the body and nervous system, not only the mind.

The good news: the nervous system is not fixed. It can be re-trained. With conscious practice, we can teach our body to feel safe again, regulate our emotions, and reconnect to our essence – the soul, where overwhelm does not exist.

Science Spotlight: Polyvagal Theory in Simple Words

Developed by Dr. Stephen Porges, Polyvagal Theory explains how the vagus nerve — the body's main “communication line” between brain and organs — shapes our mental state.

- When the nervous system feels safe, we enter the social engagement state: calm, open, connected.
- When danger is detected, we shift into fight–flight (anxiety, hyper-alertness).
- If overwhelm is too great, the system can shut down into freeze (numbness, depression, exhaustion).

By practicing techniques that activate the vagus nerve and signal safety to the body, we can return more easily to balance and resilience.

We are frequency

At the most fundamental level, human beings are vibration and frequency. Every thought, every emotion, every organ system resonates at a certain frequency. Lower vibrational states such as fear, grief, and despair, create density and blockages, while higher vibrations such as love, joy, and gratitude expand our field and promote healing.

Just as nature restores itself with seasons and cycles, we too carry the innate ability to regenerate. The more we align with higher frequencies — through practice, healing, and reconnection — the more our system shifts toward harmony. It is every human being's birthright to live in joy, vitality, and abundance.

7 Practical techniques to retrain the nervous system

Here are simple, powerful practices to help reprogram the nervous system and raise your frequency in daily life:

1. Qigong Shaking with the Haaaaa Sound

Stand with feet shoulder-width apart, soften the knees, and shake the entire body gently. Add a deep exhale of “Haaaaa,” vibrating through the chest and heart. This movement loosens stagnant energy, grounds emotions, and releases stress stored in the body.

2. Conscious Breathing – Box Breath

Breath is the gateway to the nervous system. Practice the “box breath”: inhale for 4 counts, hold for 4, exhale for 4, hold for 4. Repeat for several minutes. This resets the autonomic nervous system, creating calm, clarity, and balance.

3. Vagus Nerve Reset

The vagus nerve is the body's longest cranial nerve and plays a vital role in stress regulation. A simple technique: place one hand on your chest, one on your belly. Inhale slowly through the nose, exhale with a soft humming sound ("mmmm"). The vibration activates the vagus nerve, sending safety signals throughout the body.

4. Aromatherapy

Essential oils like lavender, rose, or frankincense directly affect the brain's limbic system, soothing emotional stress and enhancing relaxation.

5. Energy Healing for Clearing Trauma Imprints

Trauma often leaves deep energetic imprints stored in the body and subtle field. Energy healing gently clears these blockages, restores flow, and allows the nervous system to recognize safety again. This opens the pathway to reconnect with higher frequencies of peace and joy.

6. Chi Nei Tsang – Gut Healing

The gut is often called our "second brain." It holds memories, emotions, and stress patterns that influence mental balance. Through gentle abdominal massage, Chi Nei Tsang releases stagnation, improves digestion, and clears unresolved emotions stored in the belly. A healthy gut-brain axis is crucial for emotional resilience and clarity.

7. Immersion in Nature & Animals

Nature resonates in pure harmony. Walking barefoot on the earth, touching trees, swimming in natural waters, or spending time with animals raises our frequency to match the coherence of the natural world. Here, the nervous system naturally relaxes and the soul feels safe.

Returning to essence

Mental health is not only about treating symptoms; it is about remembering who we truly are. When we shift the nervous system out of survival and back into safety, we restore our capacity for joy, connection, and vitality.

We are sovereign souls — creations of frequency — and just like nature, we have the power to regenerate, to heal, and to thrive.

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DEMETRA SAMARAS

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Flipping the Switch: How Touch for Health® and Brain Gym® Activate Whole-Brain Function

Introduction

Have you ever felt *stuck*—in your emotions, in your thinking, or in your ability to learn? Sometimes stress, fatigue, or an unresolved emotional charge can create an “energetic reversal,” where communication between the body and brain is scrambled. This state, often called “switching,” may show up as:

- Difficulty focusing or absorbing information.
- Reversing numbers or letters while reading or writing.
- Feeling emotionally locked in the past.
- Losing coordination or becoming clumsy during daily activities.

In Touch for Health® and Brain Gym®, simple techniques known as the “Switches” are used to re-establish electrical communication across the body’s energy pathways. By stimulating specific points while connecting through the navel (the body’s central “circuit breaker”), the nervous system re-orient, helping the brain regain clarity, coordination, and balance.

These easy-to-use tools can be practiced at home, in classrooms, and even in the workplace to support emotional resilience, learning, and productivity.

Understanding Switching

Switching occurs when stress causes the brain and body’s circuits to misfire. Rather than information flowing smoothly, signals may be blocked, delayed, or reversed. This can show up in three common ways:

1. **Top/Bottom Switching** – related to disorientation, emotions, and balance.
2. **Left/Right Switching** – related to learning, focus, and hemispheric communication.
3. **Front/Back Switching** – related to memory, orientation in space, and being stuck in the past.

By “flipping the switch,” we help the brain integrate its hemispheres, strengthen communication across neural pathways, and allow energy to flow more freely through the body’s electrical system.

How to Activate the Switches

1. Top/Bottom Switch (Emotional Reset)

When to use it:

- Feeling stuck in an emotion you can't let go of.
- Trouble walking up and down stairs or orienting your body vertically.
- Mixing up letters such as *b* and *p*.

How to do it:

- Place one hand over your navel.
- With the other hand, use two fingers to gently rub just above your top lip (Governing Vessel 26) and just below your bottom lip (Central Vessel 24).
- Switch hands and repeat.

This brings attention to the central meridians that regulate emotional flow and balance.

2. Left/Right Switch (Learning and Focus Reset)

When to use it:

- After long hours online or in meetings when focus is slipping.
- During study sessions when letters or numbers reverse (*d* vs. *b*).
- When feeling mentally scattered or unable to absorb new information.

How to do it:

- Place one hand over your navel.
- With the other hand, rub the two indented points just below the ends of your collarbones (K27 points).
- Switch hands and repeat.

Stimulating the K27 points helps activate whole-brain learning, ensuring both hemispheres communicate effectively.

3. Front/Back Switch (Orientation Reset)

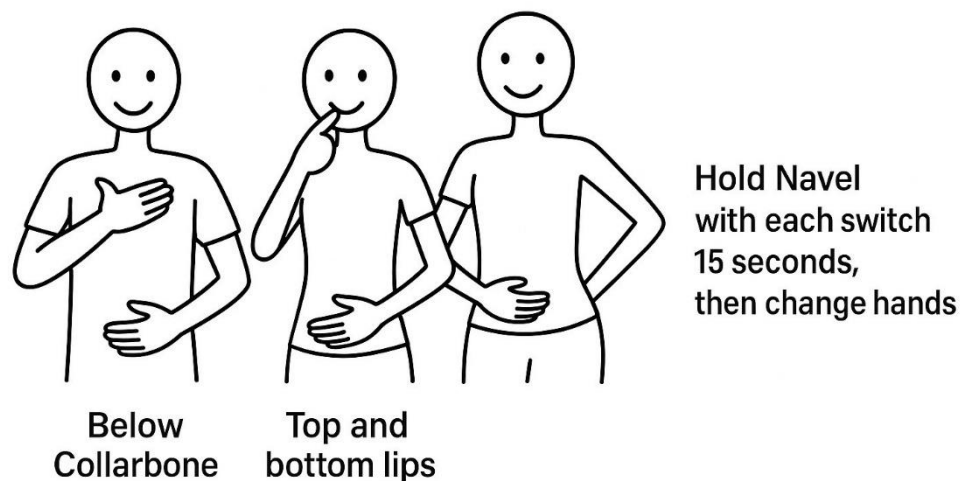
When to use it:

- Difficulty backing up while driving and looking in the mirror.
- Feeling trapped in memories or unable to “move forward.”
- Replaying an old conflict as if it just happened.

How to do it:

- Place one hand on your navel.
- With the other hand, rub the “switching points” just above and below your lips, or extend this by lightly tapping the back of the skull at the occiput while still holding the navel.
- Switch hands and repeat.

This helps reset orientation in time and space, allowing you to release the past and be present.



Everyday Applications

At Home

- **For children:** Use before homework, reading, or tests to support learning and focus.
- **For adults:** Use during times of stress, after arguments, or when struggling with emotional overwhelm.
- **For seniors:** Helpful for balance, coordination, and memory support.

At the Office

- Use after long meetings to refresh attention.
- Try before giving presentations to calm nerves and enhance clarity.
- Reset between tasks to improve productivity and reduce errors.

Switching techniques can be done discreetly at your desk, taking less than a minute to “flip the switch” and regain clarity.

The Science Behind the Switches

While you can't see the body's energetic pathways—just like you can't see Wi-Fi signals—their effects are measurable in behavior, cognition, and stress response. Touch for Health® and Brain Gym® techniques activate acupressure points and meridians recognized in traditional Chinese medicine, while also stimulating neurological pathways across the corpus callosum—the “communication hallway” connecting the left and right hemispheres of the brain.

By engaging both the body (through touch) and the nervous system (through intention), these exercises enhance whole-brain integration. The result is improved focus, emotional resilience, and greater ease in learning and coordination.

Conclusion

Switching techniques offer a quick, powerful way to restore clarity and balance in everyday life. Whether you're stuck in an emotion, unable to focus at work, or replaying the past, these simple hand placements can help reset your brain and body's circuits. With just a minute of practice, you can be more present, more productive, and more at ease.

By learning to “flip the switch,” we empower ourselves to respond to life with resilience, creativity, and clarity.

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GILL BAUER

Working in the Corporate World for over 15 years honing behaviour skills, as a neuro-divergent dyslexic kinetic learner, Gill blended the Corporate World into the physical world of the Fitness Industry for over 20+ years, also as a scuba diving instructor with a passion for the ocean and knowing what lies beneath the depths, took her on a deep understanding about the emotions and flow.

After the birth of my twins and other global events encouraged her energy was encouraged to take a different path into a more Holistic way of working with the Body, Mind & Spirit.

Kinesiology seemed a perfect, structured, fully inclusive therapy to work with all things 'Energetic', bringing together aspects of how our psychology, bioenergetic, nutrition, emotional, mental, and spiritual may be brought back into balance, harmony for optimal health and well being.

As someone who has always been and remains curious, other modalities presented themselves to Gill – learning new things, and what soon became very apparent – this was more like 'remembering' these skills, tools, or gifts. She teaches Yoga, Qigong, Acupressure, and offers one-to-one Kinesiology and works with Women's Health issues, and created bespoke and unique workshops and classes called MenOsize – all blending seamlessly together.



Her purpose is to teach, show, and support others on their journey to wellness and empowerment.

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Quenching the Flame: Healing Micro to Macro Burnout

By Gill Bauer

What is Burnout?

It is a state of emotional, physical, and mental exhaustion when left unrecognised or unsupported, may significantly impact one's mental health; if allowed to continue linked to depression, anxiety, and reduced life satisfaction.



What is Micro/Macro?

Micro is defined as things on a small scale, the small detail or individual. Macro is defined as large-scale, overall, or the bigger picture.

Introduction to Burnout

Many years back, I first observed 'burnout' in another person during an Emotional Freedom Technique (EFT) course held in a quiet leafy suburb in Essex, UK. One lady on the course stood out in the crowd, and I noticed that everyone seemed to be avoiding any interaction with her.

During the lunch break, where we were served a simple buffet, "I asked if she wanted some company"? "Yes", she quietly said.

"I hope you don't mind," I stated as I sat down, "you look very interesting," and perceived she had a story to tell...

At that point, I noticed this slightly built, fragile young woman had piled her plate so high with food, her plate was spilling over.

"Wow, I stated, you have a good appetite." Slightly embarrassed, she began to tell me that she was an Aid Worker returning from the Congo, dispatched home for a 2 week break—in the Congo, you eat when food is available, as you never know when you might eat again.

"May I ask why you are in this course?" She replied she was looking for a healing application she could use with the traumatized children of Congo that crossed any language barrier, or was language-less. The Democratic Republic of Congo (DRC) boasts a rich linguistic landscape with over 200 languages spoken. The next observation, I could see the complete whites of this young woman's eyes; her eyes were wide and had clearly witnessed much.

"I asked during her break how was she stepping down, unwinding"? She replied she found this course, and later she was skydiving.

In that moment, I was very humbled, slightly in awe of this young woman's bravery, and of course, shocked and saddened at how completely 'burnt-out' she was from her ordeal and experience.

During this very extreme recount, on some weird level, her experience mirrored my own behaviour of Burnout. Instead of skydiving my choice of adrenaline rush to relax was scuba diving with sharks, and I wondered if anyone unconsciously avoided sitting down with me? Like this young woman, it was apparent too -- that my own flames were burning out of control?

The Different Stages/Phases of Burnout

There are different phases or stages of burnout. Burnout is a syndrome of unmanaged stress, and as such has a collection of signs, symptoms, and behaviours. Just like the image of the 5 matches, each matchstick is in its own unique phase of BURNOUT.

Phase or Stage of Burnout

- **STAGE 1: EXCESS YANG:** Job satisfaction, being productive, compulsive to prove oneself, sustained energy levels, free-flowing creativity.
- **STAGE 2: DECLINING YANG:** Inability to focus, overwhelm, sleep issues, lower productivity, make mistakes, time keeping, anxiety, headaches.
- **STAGE 3: EXHAUSTED YANG:** Fatigue, tiredness, cynical attitudes, irritability, anger, feeling threatened, feeling under pressure, apathy.
- **STAGE 4: YIN DEFICIENCY:** Obsession with problems, social isolation, behaviour changes, chronic headaches, physical aches and pains, pessimistic.
- **STAGE 5: CHRONIC:** Depression and Mental Fatigue.

Micro Burnout Leads to Macro Burnout

Burnout can be the result of extreme stress built up over a prolonged period of time, but can also relate to micro burnout -the short durations of intense energy output. Think about how you feel after a long, busy day at the office, when you have pushed yourself too hard and feel drained, or when you have a tick-list of chores that you are determined to complete that day.

Juggling time-sensitive complex tasks that demand your full commitment and high levels of focus and or quick reactions. What drains one person may energise another. For example, some may find long distance driving exhausting, but others find driving is relaxing and enjoy the process of driving.

Now let's flip the traumatised children of Congo, to the Mum rushing to get her kids to school on time, so she doesn't miss her train for work. Let's flip 'piling up the famine feast plate' to grabbing a coffee and sugary pastry to consume in the office, and the skydiving as a way to relax, to late night binge watching the latest Netflix series on the sofa after she has completed all her household chores!

The Body, Mind, and Spirit treats stress in the same way, regardless of the extremity or the mundaneness.

Common Times in Life that Might Lead to Burnout:

- Certain phases of the Menstrual cycle (Spring and Winter Phase)
- Certain phases of Hormonal changes (Perimenopause and Post-menopause)
- Adjusting to big life changes (Pregnancy, Childbirth, and Recovery)
- Managing a Project (work)
- Managing a Project in the Home (renovation)
- Moving home
- Going to University, any period of studying, taking exams, training, and courses.
- Work hard, play hard, and do not allow time to rest
- Competitive nature, exciting adrenaline hobbies
- Changing a job, working towards a promotion
- Dealing with Divorce or bereavement
- Caring for an Elderly person or disabled child
- Day to day challenges

Burnout and Fight/Flight Response

The first stage may be defined in terms of (TCM, oriental medicine, bioenergetics) as Excess Yang. Unmanaged stress has triggered the person into 'fight or flight' survival mode. Eyes wide to look out of danger, unable to relax and wind-down, need to keep on the go, being over-productive, engaging in adrenaline-pumping hobbies as a way to unwind and de-stress, often these activities may trigger the release of endorphins and other positive neurochemicals that induce feelings of pleasure, excitement, and euphoria.

This stage of Burnout is often neglected. Instead, we tend to 'pick up the pieces' at the later stages of Burnout when interventions may be required, constant personal days off work required, or sabbatical, extended period leave from work, and or medication.

63% of UK employees now show symptoms like exhaustion and disengagement - MHFA

In phase or stage one of Burnout, we may feel we are Superwoman, Superhero's or have superhuman powers that never run out of battery, that just keep going! It can, in many instances, feel very empowering, uber productive, creative, driven, energetic, competitive, and ever so slightly addictive pattern of behaviour. These resulting coping mechanisms of behaviours have metaphoric qualities like being 'busy bee', unable to relax or switch off, 'running on a treadmill that never that never stops', 'spinning many plates in the air at once' that may be recognised in those around us but unfortunately seldom in ourselves.

If Stage one of Burnout is excess Yang, flames burning out of control, then phase or stage four of Burnout is deficient Yin, and those deficient Yin flames are now well extinguished, leaving one feeling completely exhausted, overwhelmed, withdrawn, unmotivated, inability to cope with any minor inconvenience, trouble sleeping, aches and pains, depleted, and depressed.

The Effects of Micro and Macro of Burnout

Burnout is a significant mental health concern with widespread impact, which results in 9 out of 10 (91%) of UK adults experiencing extreme pressure or stress that results in taking time off for mental health reasons per year, and impacts the UK economy by £57.8 billion annually.

Just like that young woman in my course was given a 2 week vacation away from her job/vocation/responsibility, so are many working Adults given vacation time or holiday allowance, days off. What often happens with people in different stages of 'burnout' during this vacation time is a syndrome known as Executive Burnout, Leisure Sickness.

Leisure Sickness

Leisure sickness is a condition whereby people feel unwell or experience symptoms of illness during their time off, such as on weekends or holidays, while feeling fine at work. It's not a recognized medical diagnosis, but a description of a phenomenon or syndrome of burnout. The individual may feel sick when they finally relax, often attributed to the body's response to reduced stress after a period of high workload.

Preparing to go away on vacation/holiday can be exhausting! For many of us, it takes a week to prepare (washing, packing, shopping), cleaning the house, completing work tasks or responsibilities before you go on holiday, and a week to recover for the sake of a Week away on a beach!!

Often our nervous system is so revved up running at 90 m/ph beforehand, we then need a few days of our vacation to unwind (that is often when we become unwell), slow down to relax, reduce energy output to 5 m/ph, only to rev back up again on our return.

For recovery from complete Adrenal Exhaustion in a perfect world (and financially abundant), a 3 week vacation should be prescribed.

Common symptoms of Leisure Sickness:

- Headaches and migraines
- Fatigue and tiredness
- Muscle aches and pains
- Nausea
- Flu-like symptoms, including colds.

The Stress Adrenaline Connection

The body may release adrenaline and cortisol during periods of high stress, and when these hormones drop during leisure time, it can lead to a weakened immune system and increased susceptibility to illness. Whether this is due to being on vacation or in many cases any day off, or the first day of your weekend.

Solutions and Tools

So, how can we address this from a Natural Bioenergetics point of view?

Awareness and Recognition

Firstly, and key is Awareness, recognising the stages/phases of burnout, how they differ in terms of signs, symptoms, and behaviour in our Self and/or others we love around us.

Prepare to take time off, think ahead. Allowing time to wind-down for your weekend. Being kind to yourself, self-care, and giving yourself Permission to RELAX.

Finding simple, effective, practical ways to better manage and support our stress levels and find appropriate ways or activities that promote relaxation and stress reduction to help the busiest of people unwind, allow down-time, take a break, or simply hang up the Superhero Cape!

Burnout Metaphors

(metaphoric idiom/statements that are linked to physical, emotional, mental, or behavioural patterns).

- Busy Bee syndrome
- Even Superheroes hang up, take off their cape now and again.
- Running in circles
- Burning the Candle at both ends
- Spinning too many plates in the Air
- Wildfire that consumes everything in its path
- A match struck too many times
- Trying to pour from an empty cup
- A ghost of who you used to be
- A radio stuck between stations
- My battery needs recharging
- Car tank running on empty
- Trying to solve a puzzle with missing pieces
- A computer frozen mid-task
- Too many tabs open, system crash!
- Executive Burnout Syndrome / Leisure Sickness
- Relaxing makes me anxious
- Can't slow down or I'll STOP
- Pilot Syndrome (if I don't, who else can fly the plane)
- Pause and Smell the Coffee
- Take time to smell the Roses

Find the metaphor or statement that resonates or strikes a chord with you. Think about how you want to feel while you hold the KIDNEY 3 Acupoint.

BioEnergetic Feedback

Using a shift in the breath as awareness, repeat the phrase while holding KIDNEY 3 and wait for a deep sigh, deeper breath, or a yawn to indicate a change.

A BioEnergetic Wellness facilitator may use muscle monitoring for similar feedback



Simple Everyday Tools, Techniques to Destress



HOLD KIDNEY 27 (ShuFu) Acupoints:
Overwhelm

Qigong Heeeee Sound: Calms Triple Warmer Meridian

Spinal Bladder Points: Bear Rubs against Tree Massage (BL13, BL23, BL43, BL52)



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MARIAN EGAN

Marian Egan –Global Award Winner, International Speaker, Author, Artist, Energy Healer, Course Creator, Healing Card Deck Creator.

With over 30 years as a holistic practitioner, Marian Egan transforms lives by addressing the root causes of physical, emotional, and mental pain.

Combining more than ten professional modalities—including kinesiology, Reiki, and NLP, she empowers individuals to heal themselves.

Creator of the Healing Card Deck series, Marian blends art and healing with hand-painted imagery and frequency-based messages.

Her tools and courses, accredited by the International Kinesiology College, offer fast, effective self-healing.

Founder of Heart Art Magic and an international speaker, Marian inspires lasting transformation, guiding people toward balance, vitality, and joy through her innovative, compassionate, and proven methods.



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Double Doodling: A Simple Practice for Whole-Brain Learning and Wellbeing

By Marian Egan – Author, Artist, Holistic Practitioner

Abstract

Double Doodling, a bilateral drawing technique popularized by Brain Gym® co-founder Gail E. Dennison, is a creative and therapeutic activity involving drawing with both hands simultaneously in a mirror-image pattern. Research and anecdotal evidence suggest it can improve brain integration, coordination, creativity, and emotional regulation. This article explores the benefits, underlying neuroscience, and practical applications of Double Doodling, along with implications for education, therapy, and personal well being.

Introduction

In a world of constant cognitive demands, finding simple yet effective ways to enhance brain function, reduce stress, and improve learning outcomes is vital. Double Doodling is one such method, deceptively simple, but neurologically powerful. By engaging both hemispheres of the brain at the same time, this activity supports whole-brain learning, creative problem-solving, and a state of calm focus.

What is Double Doodling?

Double Doodling involves holding a pen, pencil, or crayon in each hand and drawing mirror-image shapes simultaneously. The movement can be free-flowing or guided, with no artistic skill required. It was introduced as part of the *Educational Kinesiology* program by Gail E. Dennison in the 1980s and has since been adapted in classrooms, therapy sessions, and corporate creativity workshops.

How It Works – The Neuroscience

The act of moving both hands in symmetrical patterns stimulates the **corpus callosum**, the bundle of nerve fibres connecting the left and right hemispheres of the brain. This improves interhemispheric communication, which is essential for coordinated thinking, spatial awareness, motor control, and creativity.

Rhythmic bilateral movements, like those in Double Doodling, have been linked to:

- Enhanced neural plasticity (Kolb & Whishaw, 1998)
- Stress reduction through parasympathetic activation (Thayer et al., 2012)
- Improved problem-solving and divergent thinking (Shibata & Gyoba, 2001)

Ten Key Benefits of Double Doodling

1. **Enhances Whole-Brain Integration** – Strengthens communication between left and right hemispheres.
2. **Improves Hand–Eye Coordination** – Refines fine motor control and spatial awareness.
3. **Boosts Focus and Concentration** – Encourages a flow state that supports learning.
4. **Reduces Stress and Anxiety** – Induces relaxation through rhythmic, symmetrical movements.
5. **Encourages Creative Expression** – Removes the fear of imperfection, allowing intuitive artistry.
6. **Strengthens Visual–Motor Skills** – Improves reading, writing, and visual processing.
7. **Supports Emotional Regulation** – Helps release tension and restore emotional balance.
8. **Improves Memory and Learning** – Reinforces neural pathways for better recall and comprehension.
9. **Promotes Balanced Thinking** – Cultivates the ability to see patterns and connections.
10. **Accessible for All Ages** – Can be enjoyed by children, adults, and seniors alike.

Practical Applications

- **In Education** – Teachers can use Double Doodling as a five-minute warm-up to help students settle into a learning mindset. The bilateral movement primes the brain for better focus, comprehension, and retention, making it an excellent activity before reading, math, or creative writing. It also helps students release anxiety before tests, fostering a calmer, more receptive learning environment.
- **In Therapy** – In counselling or occupational therapy settings, Double Doodling offers a gentle way to process emotions, integrate traumatic experiences, and restore nervous system balance. The rhythmic bilateral movement can help clients shift from a heightened stress state to a calmer one, creating a safe space for deeper emotional work. It can also aid in brain injury recovery by stimulating neuroplasticity and re-establishing coordination between brain hemispheres.

- **In the Workplace** – In a corporate setting, Double Doodling can be used as a short mental reset during meetings, brainstorming sessions, or high-pressure workdays. Just a few minutes of bilateral drawing can shift the brain from a stressed, reactive state to a calmer, more resourceful one. Teams can use it as a warm-up before collaborative planning to spark creativity and improve communication. For individuals, it can help break through problem-solving blocks, reduce screen fatigue, and restore focus. Managers and HR departments can incorporate it into wellness breaks, mindfulness rooms, or professional development workshops to support mental health, enhance innovative thinking, and promote a balanced work culture.
- **In Creative Professions** – Writers, designers, and artists can use Double Doodling to bypass creative blocks and engage in free-flow idea generation. The symmetrical movements quiet the inner critic, allowing spontaneous imagery, new patterns, and fresh concepts to emerge. Teams in advertising, product design, or innovation labs can integrate it into brainstorming sessions to access more expansive thinking and unusual problem-solving approaches.
- **In Personal Growth** – For individuals looking to improve mindfulness, reduce stress, and build self-awareness, Double Doodling is a quick and accessible practice. It can be done at home, during travel, or as part of a morning or evening ritual. By pairing the activity with an intention, such as clarity, calmness, or openness, it becomes a form of moving meditation that helps integrate thoughts, emotions, and physical awareness.

Getting Started with Double Doodling

For optimum results, set an intention beforehand of how you would like to feel.

1. Hold a pencil, pen, or crayon in each hand.
2. Begin with simple shapes (circles, waves, loops, squares, rectangles)
3. Keep movements large, relaxed, and symmetrical. (Mirror imaging)
4. Gradually explore patterns and different colours.
5. Continue for 2–5 minutes or more to experience the benefits.

Conclusion

Double Doodling is more than a playful exercise; it's a gateway to improved brain function, emotional balance, and creative potential. Its simplicity and accessibility make it a valuable tool for teachers, therapists, and individuals seeking holistic well being.

I use both my hands at the same time when I am painting from the Subconscious. Which is my form of Double Doodling when painting. I am the founder of Heart Art Magic. The MAGIC is my acronym for **My Ability to Go Into my Centre**, which is where the magic happens. Not Outside, but Inside.

The profound transformations I have both experienced and witnessed, personally and professionally, through this way of creating, where art, colour, and pure intention merge to express the deepest truths of the heart, have been nothing short of life-altering. This process doesn't just reveal what you are truly feeling; it becomes a compass, guiding you toward clarity, healing, and purposeful direction.

(See links to short videos below where Marian starts her painting with Double Doodles.)

With growing interest in brain-based learning strategies, Double Doodling offers a proven, enjoyable way to connect mind, body, and creativity.

<https://youtu.be/XVggCkPkCro> - Success Over Distress, Heart Art Magic Painting

<https://youtu.be/qqyOzaXEGMs> - Magnifying World Peace – Heart Art Magic Painting

<https://youtu.be/q7Hff7pYkKs> - Backwards or Forwards – Heart Art Magic Painting

Marian Egan -YouTube Channel:

<https://www.youtube.com/@marianegantransformationhealth>

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Boxed Feature: Double Doodling

for

Corporate Creativity & Stress Relief

(A quick-reference workplace wellness tool)

WHY IT WORKS

- Activates both brain hemispheres for balanced, creative thinking
- Encourages calm focus and reduces stress through rhythmic movement
- Creates a mental “reset” to shift from reactive to solution-focused thinking

WHEN TO USE

- **Before brainstorming sessions** – sparks creative flow and idea generation
- **Midday reset** – a 3–5-minute break to combat mental fatigue and screen overload
- **During team-building events** – fosters collaboration and relaxed communication
- **In wellness rooms** – offers a quiet, mindful outlet for stress release

HOW TO DO IT

1. Provide paper and two pens/markers per participant
2. Invite everyone to set an intention (e.g., “*I want more focus,*” “*I’m open to new ideas*”)
3. Draw simple, mirror-image patterns with both hands for 2–3 minutes
4. Notice how your mood, clarity, and energy shift

TIP

Keep a small stack of blank paper and coloured pens in meeting rooms to encourage spontaneous Double Doodling breaks!

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JACQUE MOONEY

Jacque Mooney is an internationally recognized Kinesiologist, educator, and keynote speaker with over 30 years of experience in brain integration, holistic wellness, and kinesiology education. Originally from Canada, now based in Australia, she has worked closely with Dr. Charles Krebs for over three decades. She is a senior faculty member and instructor trainer for LEAP Brain Integration, Simply the Brain (STB), Stress Indicator Points (SIPS), and Applied Physiology, including the Anatomy and Physiology of the Brain.

She specialises in balancing physical and emotional stresses, working with the brain, learning problems, and overall performance enhancement with children and adults, and is also trained in Bowen and NOT (Neural Organisation Technique).

As the founder of Simply the Brain, Jacque has developed internationally taught courses such as *Simply the Brain 1 - Introduction to the Brain* and *STB 2 – The Brain and Body Glands*. Her work focuses on making the complex functions of the brain accessible to practitioners, with practical applications in addressing emotional stress, learning difficulties, and performance imbalances across all ages.

Jacque's presentations draw from her deep understanding of neurophysiology and energetic anatomy. Her latest presentation at the Breakthroughs Int'l conference in Bali, Indonesia - *"Learning New Motor Programs vs. Running Known Ones: A Brain-Based Guide to Movement,"* explores how structures like the brainstem and limbic system support our ability to learn, store, and execute motor behaviours. From intentional movement to refined execution, she highlights the brain's role in bridging cognitive intention and physical action!



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So Hum Meditation: A Breath of Calm in a Busy World

By Jacque Mooney 2025 08 15

In the middle of the noise, there is always a place of stillness within us. The challenge is not that the stillness is far away; it's that we forget how to return to it.

The So Hum meditation is one of the simplest ways to find our way back.

SO HUM

So Hum is an ancient Sanskrit mantra that helps quiet the constant stream of thoughts in your mind. By pairing the words 'So' and 'Hum' with your natural breathing, you create a rhythm that gently brings your awareness inward. This practice can help reduce stress, restore balance, and re-center your mind, whether you're in a busy workplace, dealing with daily challenges, or winding down at home.

So Hum comes from Sanskrit and means *"I am That"*, a reminder that we are connected to the universe and to each other. As we meditate on this mantra, we begin to sense that we are all part of one infinite source, with a spark of that source within us.

It's not just a word to understand, it's a practice. Chanting or silently repeating *Om So Hum* for even 10 to 15 minutes a day can calm the breath, balance inner energy, and fill us with a quiet sense of peace.

So Hum Meditation Protocol

A simple, portable tool to support mental health in the workplace.

Goal

To help individuals quickly reduce stress, enhance focus, and promote a sense of calm through a short, mindful breathing practice.

Initial Assessment (1–2 minutes)

Before beginning, take a quick personal check-in:

1. Rate Stress Level: On a scale of 1–5 (1 = very calm, 10 = very stressed).
2. Body Scan: Notice any areas of tension or discomfort.
3. Mental State: Observe whether your thoughts feel scattered, heavy, or calm.

The Practice (2–5 minutes)

Preparation

- Find a comfortable seated position.
- Close your eyes or soften your gaze.
- Take a moment to observe your breath without trying to change it.

Breath & Sound

- Inhale gently and silently say “So.”
- Exhale slowly and silently say “Hum.”
- Keep your focus on the breath and the “So Hum” rhythm.

Tension Release

- Notice any tightness in your body.
- With each exhale, visualize the tension leaving your body.

Mind Wandering

- If thoughts arise, acknowledge them without judgment.
- Gently return attention to the breath and sounds.

Reassessment (1–2 minutes)

After the practice:

1. Re-rate Stress Level: Has your number dropped?
2. Body Scan: Has tension reduced or shifted?
3. Mental State: Is your mind clearer or more settled?

Application at Work & Home

- At Work: Use before high-pressure meetings, during breaks, or after stressful calls to reset your focus.
- At Home: Practice after work to transition into personal time, or before bed to encourage restful sleep.
- On the Go: Apply during commutes, waiting periods, or while traveling.

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HEATHER GIBBONS

Heather Gibbons is a Brain Gym® Instructor / Consultant, Educational Kinesiologist, Dip. T, Cert. in Special Ed. She has taught in SA primary schools for over 35 years and used Brain Gym® in the classroom and on the sports field for over 20 years. She first learnt Brain Gym® in 1993, and that led her on a journey of life-time learning about movement and its impact on the brain/body system.

She practised in Robe South Australia, and taught Brain Gym® introductory workshops/ & accredited courses online and face-to-face. Heather has been on the Brain Gym® Australia committee since 2008 and has been the president of Brain Gym® Australia since 2010. This has led to years of commitment of leading a positive team to streamline procedures, manage the Affiliate, find ways of meaningful connections with the members, and, most recently, a massive update of the Constitution.

Heather is particularly interested in working with all age groups to assist them in improving their self-confidence and achieving mental/emotional, social, and work-related goals. In recent years, she has assisted people in dealing with deep inner and family issues so they feel balanced and empowered.

Developing stable relationships with self and others is a major part of her work and has led her to assist clients with relationship and academic goals, musicians and sports people to play more capably, and adults dealing with challenges such as lack of balance, coordination issues, emotional instability, depression, and workplace bullying. Heather's work assists people to more easily find the flow as they understand their studies, meet deadlines, and negotiate new challenges.

Heather has enjoyed speaking to different groups where she has introduced and shared Brain Gym® movements, i.e., at SA Rural Women's Gatherings, Womens' Wellbeing Days, and different groups and conferences across SA and western Victoria.



Professional Services Provided

Licenced to teach:

- Brain Gym®101
- Brain Gym®104
- Optimal Brain Organisation
- Visioncircles
- Switched On Selling™
- Switched On Network Marketing™

General Public-Professional and Personal Training and Development

- an introductory Brain Gym® session
- Brain Gym® and Realise Your Potential
- Brain Gym® and Stress Management
- movement based programs for staff and sports teams
- staff stress management for individuals and groups

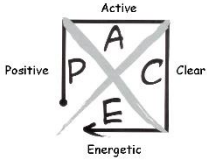
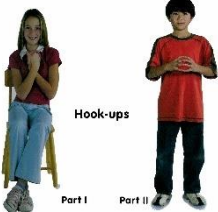
Private consultations

- for clients as required
- face to face or Zoom sessions available

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Website: hgibbons55@westnet.com.au

Brain Gym® Action Balance for a Positive Attitude

	Before	After
1. PACE  Prepare to learn by settling into your best rhythm and timing		
2. Goal – Set and PACE goal <i>Are the words of the goal positive?</i> <i>Are you ready to put the goal into action?</i> <i>Is the goal clear – you know what it means?</i> <i>Can you look at the goal and breathe? Will it inspire you?</i> Feel the feeling OR State the verbal goal eg. “I am nurturing myself and balancing my responsibilities in all aspects of my life.” <i>Notice: how does it feel?</i> Get in touch with a physical sensation related to a feeling. Place your hand over the area. Notice any awareness of size, colour, texture, weight, etc. related to the sensation. You could draw the body and shade any parts that feel tense represent negativity about the goal.		
3. Pre-Activity - Identify what you know/don't know through an activity. Put the goal into action. Notice how each movement feels: Eg. arms out to the side & are they balanced? Forward /backward rock for focus and comprehension Up/down body movement for organisation and emotional stability Left to right micro rock for clear thinking and communication		
4. Learning Menu – activate the brain circuitry through movement Choose from the following calming movements.  Hook-ups  The Positive Points  Music		
5. Post-Activity - implement the new learning and generalise to other situations. Re-visit all movements in sections 2 and 3 and notice any differences. Do you need to do any of these as maintenance? CELEBRATE!		
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IRENE ORAM

Irene Oram doesn't tend to call herself a Kinesiologist, but rather a Light Worker. She started practicing energy healing work in 1974. She has studied Kinesiology, has been a Professional Member of the Australian Kinesiology Association (AKA) since 1996, and holds a Diploma of Kinesiology. She is currently serving on the AKA Board.

Irene works now primarily as a Flower Essence Therapist. She has developed her own range of 84 flower essences from Western Australia's unique indigenous flora, which she's found to be her dominant range for clinical use (80% priority MT preference over 15 years).



Irene lived for many years in a small farming area in Western Australia, where an alarming number of farmers around 40 years of age committed suicide. Proactively wanting to make a difference, she drew on her Mother's love of botany and began to be guided by the land to develop a valuable, subtle resource of essences with profound wisdom insights. The connection of essences to mood and emotions was a great way to make a difference in her community, where it was felt there was none.

Irene has also had a career in TeleHealth, assisting rural and remote patients to access services.

Irene's linguistic skills and ability to enlighten and turn around many desperate people in hopeless situations are something to be admired. Mental health support at its natural best. One that many are grateful for.

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Flowers, Nature, and Mental Health in the Workplace

Nature is one of the most reliable tools we have for resetting the mind and body. In workplace environments where stress, deadlines, and long hours are common, even brief connections with natural elements—like flowers—can make a measurable difference in focus, energy, and overall mental health.

Beyond their beauty, flowers can also be used in the form of **flower essences**. Unlike essential oils (which are concentrated aromatic extracts), flower essences are liquid infusions made from the energetic imprint of a flower.

They carry the vibrational qualities of the plant, which can gently support emotional balance, clarity, and resilience. They are safe, subtle, and easy to use—just a few drops in water, placed on pulse points, or even held as a reminder of the plant’s qualities.

How flowers and flower essences can support workplace wellbeing:

- **Mood reset:** Looking at fresh flowers or taking a flower essence can help shift a tense or anxious state into a calmer one, supporting better conversations and problem-solving.
- **Mental clarity:** Certain flower essences are known to clear “mental fog,” helping you focus before tackling complex tasks.
- **Energy and stamina:** When fatigue sets in, connecting with the vibrancy of a flower—visually or through an essence—can provide a natural boost without overstimulation.
- **Team connection:** Flowers symbolize growth and renewal across all cultures. A shared flower essence or image can provide a subtle way for teams to align and reset together.

Practical, Approachable Ways to Use Flowers and Essences at Work:

- **On your desk:** Keep a flower or plant nearby to create a calming environment.
- **Essence drops in water:** Add a few drops of a flower essence to your water bottle for ongoing support through the day.
- **Quick visual reset:** Step outside to notice a flower, a tree, or even greenery. Five minutes of mindful observation can reset your nervous system.

- **Cards or images:** Place a few flower cards or photos on a table before a meeting. Invite people to pick one that “catches their eye” and keep it by them as a silent focus point—no need to share unless they choose.
- **Group intention:** A leader might select one flower essence or image to represent a theme (such as creativity or clarity) and allow it to set the tone for a team discussion.

Why It Works:

Humans are wired to respond to nature. Flowers, with their patterns, colors, and energy, remind us of balance and possibility. Flower essences capture these qualities in an easy-to-use form, offering gentle yet effective support for mood, focus, and resilience. By integrating flowers and their essences—quietly and simply—workplaces can create environments that are calmer, more creative, and better connected.

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LEE-ANNE MACLEOD

Lee-Anne's fascination and passion for Kinesiology, Brain Gym®, Natural Quantum Healing clinical work have led her to research and develop, over 35 years, three Kinesiology Modalities she's now sharing with others around the world. Natural Quantum Healing (**NQH**), Neuro-K Specialized Kinesiology (**Neuro-K**) training systems, and Neuromuscular Dynamic Integrative Health (**NDIH**) and Neuromuscular Dynamic Integrative Learning (**NDIL**) in-depth educational natural therapy systems, where we support how health effects learning and learning effects health.

Having vision, innovativeness, and an ability to initiate, think laterally, and complete tasks with precision and inclusiveness, whilst still considering the whole person, is a rare and valued combination of skills for any organization or individual. These qualities are Lee-Anne MacLeod.



- Kinesiology Specialist Level 6 (AKA)
- Author of several books
- International speaker
- Neuro-K Neuro-Kinesiologist
- Registered Kinesiology Specialist Practitioner - Level 6 (AKA)
- Fellow of The Australian Traditional Medicine Society (ATMS) 2020
- President/Chair Brain Gym Australia (2004 - 2007)
- President of the Australian Kinesiology Association (2006–2008 and 2016–2018)
- Vice President IASK – International Association of Specialized Kinesiologist (2018-2022)
- Trainer of Kinesiology International Diplomas in Natural Quantum Healing and NDIL, NDIL and specialized Neuro-K Kinesiology
- Founder, Creator and Director Neuro-K Neuro Kinesiology, Natural Quantum Healing NQH, Neuromuscular Dynamic Integrative Health (NDIH) and Neuromuscular Dynamic Integrative Learning (NDIL).

A Synergistic Fusion of Natural Therapies.

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Ipsilateral Movements Calm Sensory, Overwhelming Issues

By Lee-Anne MacLeod

Calming sensory overload within the nervous system leads to a state of calmness, stability, and improved functional behavior patterns. Extensive research has been completed in this regards. Lee-Anne MacLeod clinically researched ipsilateral movements sensory calming impacts in a study lasting seven years. These simple and effective techniques are shared here with you today.

There are many examples in the workplace of loss of productivity due to over or under sensory stimulation, leading to an inability to operate at an optimal capacity. For some, this is due to a discombobulated nervous system. Causes are triggered or exacerbated by stress and pressure to achieve high expectations.

Reducing sensory overload within the nervous system fosters a calm and stable environment, which in turn enhances productivity and team performance.

To achieve our goal of becoming more efficient, functional, and happier in the workplace, we need to focus on providing ourselves with behavioural possibilities and workable strategies. One key aspect to consider is the impact of movement patterns on our higher levels of cognition, as our brain requires effective connections to function optimally.

Let's explore some simple movement combinations that can positively influence our cognitive abilities and overall workplace performance:

- **Ipsilateral combined movements:** These involve coordinated movements of the foot, hand, and visual focus on the same direction.
- **Contralateral combined movements:** These involve coordinated movements of the foot, hand, and visual focus on opposite directions.
- **Thinking of desired possibilities:** While performing these movements, it is beneficial to focus on the desired outcomes and possibilities.

Let's personally challenge and support our situations.

The presentation focuses on the partnership between integrative health and integrated learning, specifically exploring how different limb combinations in hand-foot coordinated movements affect brain activity and behavioural outcomes. It highlights the role of ipsilateral and contralateral movements in calming the nervous system and improving functional behaviour.

Pre Activity

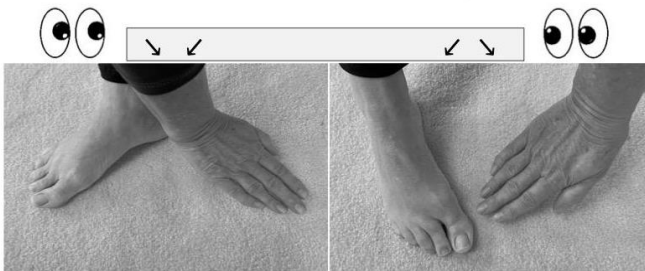
- ❖ Think of a time when you were stressed or anxious
- ❖ Rate: 0 to 10
- ❖ Notice any tension or stress in your body. In particular on one side
- ❖ Notice the flow of movement –

Ipsilateral and Contralateral

Disrupted movement pattern

- ❖ Right eye, right hand, right foot moves –
- ❖ Side to side simultaneously.
 - Hand and eyes track side to side in the same direction whilst the right foot moves in the opposite direction
- ❖ Repeat on the left side

Disrupted movement pattern



Coherent movement pattern

- ❖ Right eye, right hand, right foot –
- ❖ Moves and tracks side to side in the same direction simultaneously

Coherent movement pattern



Post Activity

- ❖ Think of a time when you were stressed or anxious
- ❖ Rate: 0 to 10
- ❖ Notice any tension or stress in your body. In particular on one side
- ❖ Notice flow of movement –
- ❖ Notice any differences between the Pre Activity v's Post Activity

Ipsilateral and Contralateral

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THANK YOU

On behalf of **IASK.org** and **CanBeWell.org**, we extend our heartfelt thanks to you for joining us in this World Mental Health Day 2025 initiative. Your presence and participation help strengthen the growing movement to make mental health a central part of our daily lives, especially in the workplace. By taking part in this project, you are not only supporting your own well-being, but also contributing to healthier families, organizations, and communities.

This year's event brought together **12 presenters across three time zones**, each offering tools and strategies to support self-care at home and in the office. These presentations reflect years of collective experience and dedication to the field of bioenergetic wellness and specialized kinesiology. We are deeply grateful for their contributions, and we encourage you to revisit their recordings, download their handouts, and integrate their wisdom into your daily routine.

We warmly invite you to **share these resources**—the recordings, handouts, and knowledge—with your colleagues, friends, and networks. Please remember to give credit to the presenters and organizations, so that their work can continue to be recognized and celebrated. By sharing widely, you become part of a ripple effect, extending the reach of these tools to people who may not yet know how transformative they can be. Together, we can create a culture of wellness that reaches far beyond this event.

As you integrate these practices into your workday and self-care habits, we encourage you to **observe the changes that unfold**. Notice how you feel during stressful moments. Pay attention to your energy, clarity, and ability to focus. Watch how relationships with colleagues shift when balance and compassion are prioritized. Take note of the impact on leadership and administration when wellness tools are included as part of daily culture. These changes, both subtle and significant, are evidence of the power of these approaches.

By tracking and reflecting on these shifts, you will not only deepen your personal growth but also create meaningful data to share with your workplace. Perhaps a certain tool reduces tension in meetings, or a practice brings calm and clarity to a busy morning. These discoveries can inspire conversations about inviting presenters into your workplace for **workshops, seminars, or ongoing support programs**. Many of our presenters are available to offer deeper guidance, and we encourage you to reach out if you feel your workplace could benefit from further exploration.

While this year focused on the challenges and opportunities of mental health in the workplace, we are already looking ahead to **World Mental Health Day 2026**. Next year's focus will build on this momentum, continuing to highlight the importance of accessible, practical wellness strategies for individuals and organizations alike. We hope you will join us again, bringing your experiences, insights, and stories of transformation to share with the global community.

Thank you once more for being part of this initiative. Your commitment to self-care and mental health has the power to inspire others and create lasting change! Together, we are magnifying the message that wellness is not optional—it is essential.

Affirmation

I honour my well-being. Each small step I take toward balance and self-care supports not only me, but also my colleagues, my family, and my community. Together, we create workplaces and lives filled with resilience, compassion, and peace.

World Mental Health Day 2025

Mental Health in the Workplace - A BioEnergetic Wellness Tool Kit for Daily Self-Care

This e-book accompanies the second annual collaboration between CanBeWell.org and IASK.org, bringing together global presenters to share tools in bioenergetic wellness and specialized kinesiology. With presentations spanning three time zones, this initiative highlights the importance of self-care, balance, and resilience in today's complex workplaces.

Whether you are an employee, leader, entrepreneur, or caregiver, the tools and practices shared here are designed to support you in creating healthier habits, deeper awareness, and greater connection.

◆ Affirmations for Workplace Wellness ◆

- *I pause, breathe, and bring balance into my day.*
- *My well-being is a foundation for my success.*
- *Each moment of care I give myself ripples outward to others.*
- *I am resilient, compassionate, and connected.*
- *By choosing wellness, I create space for joy, focus, and peace.*



Resources

www.CANBEWELL.ORG

www.IASK.ORG

YouTube Channel: @CanBeWell9788

ISBN 978-1-998596-07-2



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