

# Thrive 365 #1

## Did you know?

Harvard Medical school research refers to the 90 second emotional rule. This is how long a 'dose' of cortisol lasts. Our stress response and the initial release of the hormone is automatic, we have no control, but after this it becomes a CHOICE – something we can control. Our THOUGHTS determine whether or not we continue to release these hormones. The body always reacts first, but messages from the mind determine whether this response is maintained or not.

## What can you try?

### 1. A 90 second hug (set your timer!).

This releases oxytocin, which works to help reverse the effect of the stress hormones.

### 2. Count backwards from at least ten.

Counting forwards is pretty automatic for most of us but counting backwards means we have to interrupt whatever else our brain is doing at the time.

### 3. Give to others – especially in person so you see their face and make eye contact.

“The best way to find yourself is to lose yourself in the service of others.”

Mahatma Gandhi

Scientists believe that altruistic behaviour releases endorphins in the brain – the ‘helper’s high’.

*We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.*

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