Thrive Through The Holidays

with Megan Darnell

DAY 5: INPUT | OUTPUT

Shot out of a canon

There are plenty of days when the alarm going off in the morning is synonymous with me being shot out of a canon. I hit the ground running and sail through the day until I land somewhere in the afternoon. **I know I've landed because I feel a wave of exhaustion from being overstimulated, hypervigilant and a touch overwhelmed all day.** Apologies if you can relate and it's stressing you out. I've given a lot of myself (**output**). But what has my **input** been? What are my personal influencers? What is the quality of my output?

Stress effects output

In a fast paced culture, slowing down can be tricky. But having those moments of stillness can help activate the parasympathetic nervous system (PNS), promoting a state of relaxation. If you fly through life toting along all those stressors at breakneck speed, your stress response will just be ON. This means you'll have elevated levels of cortisol, your amygdala is freaking out and your prefrontal cortex isn't functioning as well. Additionally it may cause your sleep to be wacky and your immune system to take a hit.

Positive Shift

Here are a few things that can shift your input in a positive way: You could:
Start a gratitude journal- write down 3 positive things that happened today before you go to bed.
Go for a nature walk- That's a two for one because you can add in some movement to your day as well. :-)
Social media fast- Social media posts tend to highlight the awesomeness of people's lives, which may lead you to think everyone's life is a certain way- all awesome. That's just not true.
Extras- mindfulness, prayer, connection to community, nature, creative expression and learning something new.

That's quite a lot of suggestions. Pick the few that resonate with you and give it a try!

YOU DID IT! WELL DONE !

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