



Exercise 4

Summary:

Goal: Activate relaxation, joy, and focus by using breath, sound, and a light smile, creating the optimal state for entering flow.

Process:

1. **Find a Comfortable Position:** Sit or stand in a relaxed posture.
2. **Deep Breath In:** Inhale fully, bringing fresh energy into your body.
3. **First part of Exhalation:** Make a calming sound (hum or sigh) to relax the vagus nerve.
4. **Second part of Exhalation:** Smile and laugh lightly, triggering happy hormones like endorphins and dopamine.
5. **Pause and Notice:** Feel the shift in your body and mind.
6. **Repeat as Needed:** A round of ten repetitions enhances relaxation and joy.

Benefits:

- Activates relaxation and calms the nervous system
- Reduces stress and anxiety
- Releases "feel-good" chemicals like endorphins and dopamine
- Promotes emotional shift towards joy and ease
- Sets the stage for flow by reducing distractions and stress

Application:

Incorporate the FeelGoodFlow Smile into your daily routine — whether starting your day, taking breaks, or preparing for tasks. This practice quickly helps you reset, relax, and shift into a positive emotional state, making it easier to enter flow.