

# Deborah Beers

Live the Life You are Meant to

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## QUICK Techniques to Rebalance the Brain

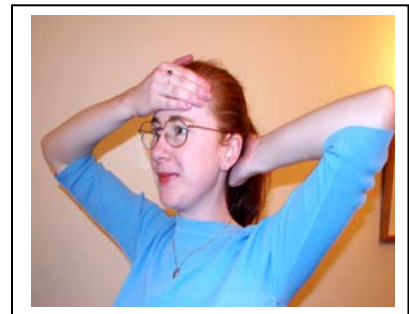
### Quick de-stress

Drink some water – roll it around you mouth  
Place your full palm across your forehead  
Place your other hand across the “bumpy bit”  
at the base of your skull (where your head joins your neck.)

Breathe deeply into your tummy to the count of 3  
Hold for a count of 3  
Exhale to the count of 3  
Continue until you relax OR you start to think about  
something other than the stress

### Assists

Centring      Calmness      Focus  
Thinking clearly      Being in the NOW



### Cross-Crawl

Let's get the whole body talking to the brain!

While sitting, bring the right hand to the raised left knee and push slightly down. Return your hand to your side.

Now bring your left hand to the raised right knee and push slightly.

Continue alternating until you feel like stopping.

Cross crawling gets left and right brain talking and can be done sitting at the desk, in the car, or as a march or dance while standing

### Assists

Focus      Memory recall      Be present in the NOW.

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