



# Biometric Insights — Linking Body & Mind

Your Body is Giving You Feedback, Not Failure.

**Today's Goal:** Translate these numbers into actionable insights.

**Presented By:**  
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# The Engine's Warning Light (The Science)

**Concept:** The HPA Axis (Hypothalamus–Pituitary–Adrenal) & Cortisol.

**Stress is a chemical signal:** Fight or Flight activation.

**Link to Biometrics:** Chronic cortisol release drives physical changes:

- ↑ Blood Pressure (Vessel constriction)
- ↑ Abdominal Weight (Energy storage for "emergency")
- ↓ Sleep Quality (Chemically wired to be alert)





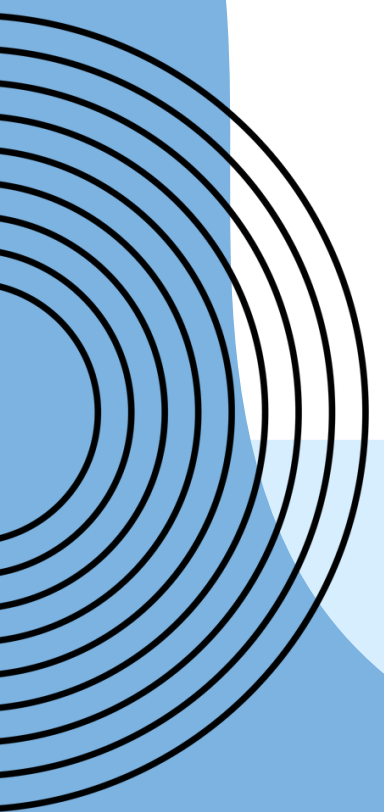



# The Story: Redlining the Engine

- **Metaphor:** Your body as a high-performance vehicle.
- The biometric data (warning lights) simply shows the need for a tune-up, not that the car is broken.
- We're learning to drive the car differently, consciously.



# Coaching Tool: The Biometric Bridge

- **Purpose:** Connecting the number to the moment.
  - **Step 1:** Identify the most concerning result (e.g., Blood Pressure spike).
  - **Step 2:** Map the Top 3 Stress Triggers that occurred before that reading.
  - **Step 3:** Acknowledge the Feeling/Symptom that came with it.
  - **Insight:** Your physical state reflects your mental state.
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# Neural Taming: Activating the Brake

**Concept:** The Vagus Nerve (The main nerve of the Parasympathetic Nervous System).

We can consciously stimulate the Vagus Nerve to counter the HPA stress signal.

**The Practice:** Box Breathing (4-4-4-4) or Diaphragmatic Breathing.

**Action:** Commit to applying this "Vagus Brake" during your most common stress trigger this week.



# Your Week 3 Action Plan

**Commitment:** Where & When will you activate the Vagus Brake?

**Tracking:** Note your subjective stress level (1-10) before and after the practice.

**Next Week:** Reviewing the impact of conscious regulation.







# Meditation

Let's take the next few minutes to fully integrate this profound learning: **Your mind's focus dictates your body's chemistry.** This is the essence of internal control. Please close your eyes, or soften your gaze downwards.



# Thank You!

# Q&A

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