

Biometric Insights – Linking Body & Mind

Your Body is Giving You Feedback, Not Failure.

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

Presented By:

Alejandra Negrete

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.



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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