



OXYGEN⁸
STRESS WELLNESS

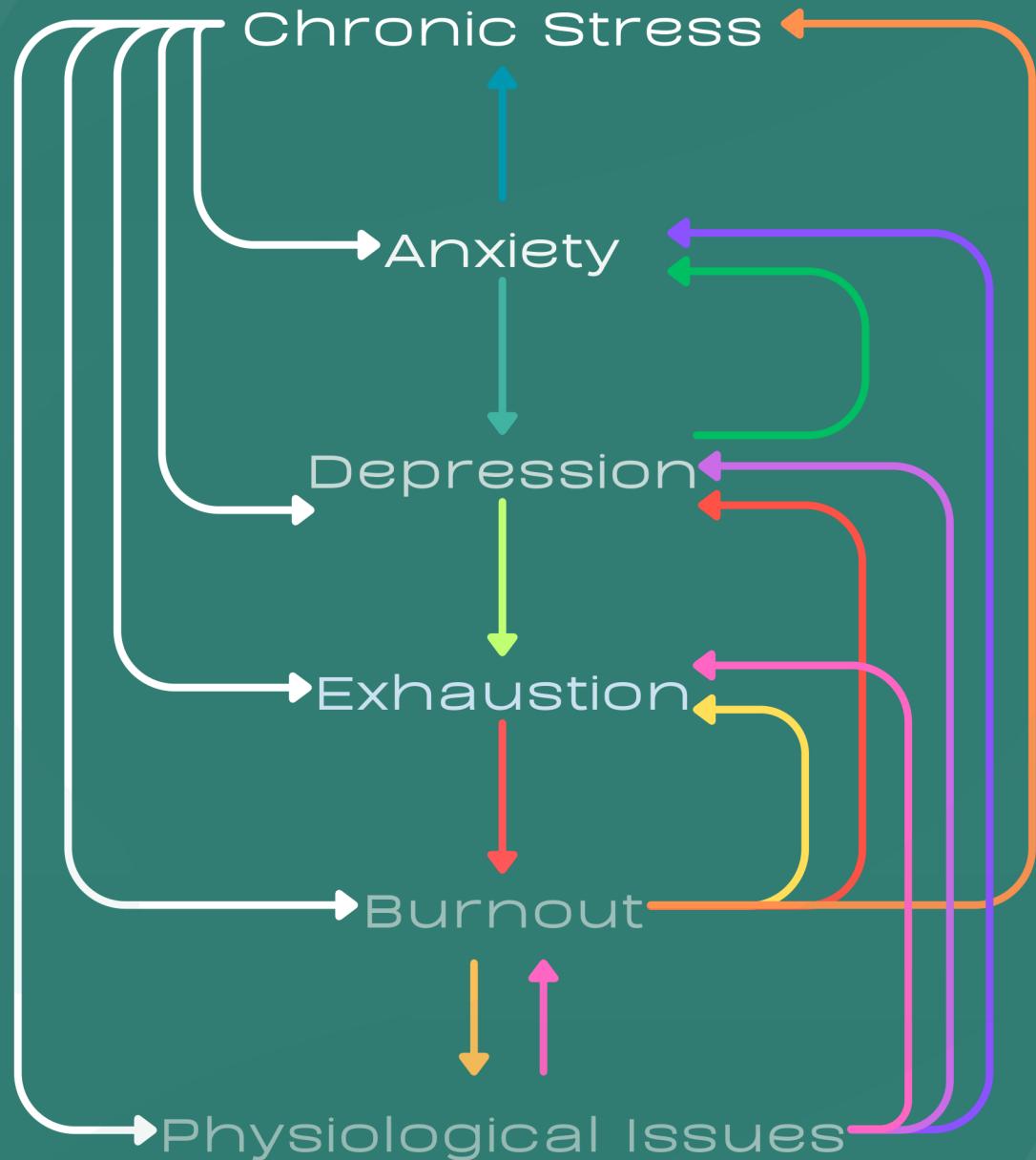


STRESS RESILIENCE COURSE

We need stress in our lives. Without it we would not be able to get out of bed each morning or be productive throughout the day. However, stress becomes an issue when it is either too much, which can lead to trauma, or chronic, which gradually becomes harmful to your health.

Physiological alterations that are made in stressful situations are beneficial in the short term, but over a longer period of time can be detrimental to our physical and mental health.

Chronic stress can lead to anxiety, depression, exhaustion, a myriad of physiological issues and eventually burnout, which can all feed back into each other, creating secondary illness from the initial chronic stress symptoms.



The Oxygen8 method works in 5 steps to combat all forms of stress. Join wherever you are in your stress journey, whether you are looking for improvements in resilience or recovery support.

Each technique is proven by recent science, and can often be used in combination to compound their effects. An overview of these techniques can be found on the following page, split into two categories:

1. **CNSF Techniques**
2. **Physiology Optimisation.**

In combination, these methods reduce the time spent exposed to the elevated levels of stress hormones and allows you lower your nervous system arousal to avoid stressors becoming chronic. They also increase your baseline resilience to improve your ability to deal with stress.

This is done in the following 5 steps:



1. Stress Radar

By noticing the early onset of stress we can prevent it reaching its peak levels and thereby reduce its deleterious effects.

2. Befriend Anxiety & Panic

Calming your mind & reducing the potency of anxiety allows a more balanced and regulated nervous system for a greater baseline resilience .

3. Control Your Stress

An extensive arsenal of techniques of tools to regulate and calm your nervous system on command.

4. Rewiring

Exercises to change the way we see challenges to alter our responses in stressful situations.

5. Increase your baseline resilience

Lifestyle changes to optimise your physiology to raise you ability to cope with stress.

The Oxygen8™ Exercises & Techniques



CNSF Techniques

Conscious Nervous System Feedback techniques to control your stress.



Down-regulation Breathwork



Balancing Breathwork



Brain Rewiring



Somatics



EFT Tapping



Applied Meditation

Physiology Optimisation

Lifestyle changes and exercises to improve your baseline resilience to stress.



Blood CO₂ Set Point Adjustment



Circadian Rhythm Alignment



Gut Biome Diversification



Nervous System Cycling



Conscious Connected Breathing

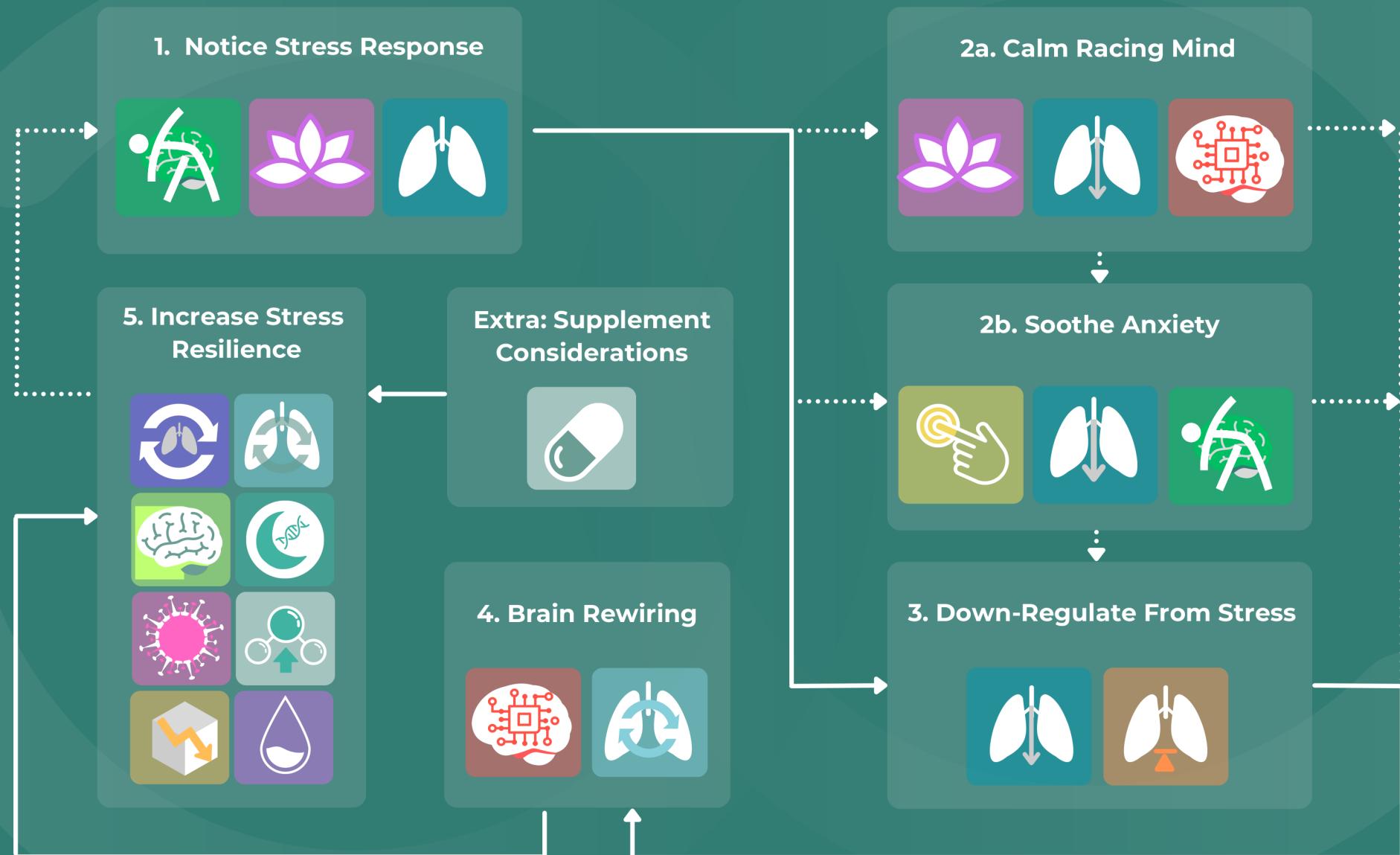


Prefrontal Cortex Load Reduction





The Oxygen8™ Stress Resilience Programme





Course Format

The course will initially dive into techniques to control your stress, allowing you to begin to self-regulate your nervous system on demand. Your practice of these exercises can be built in 4 ways to compound your ability and keep the techniques accessible anywhere.

The Physiology Optimisation protocols are a series of written suggestions to improve a variety of resilience-boosting aspects of your lifestyle and body, condensed down from the latest science into quick and easy-to-implement lifestyle changes.

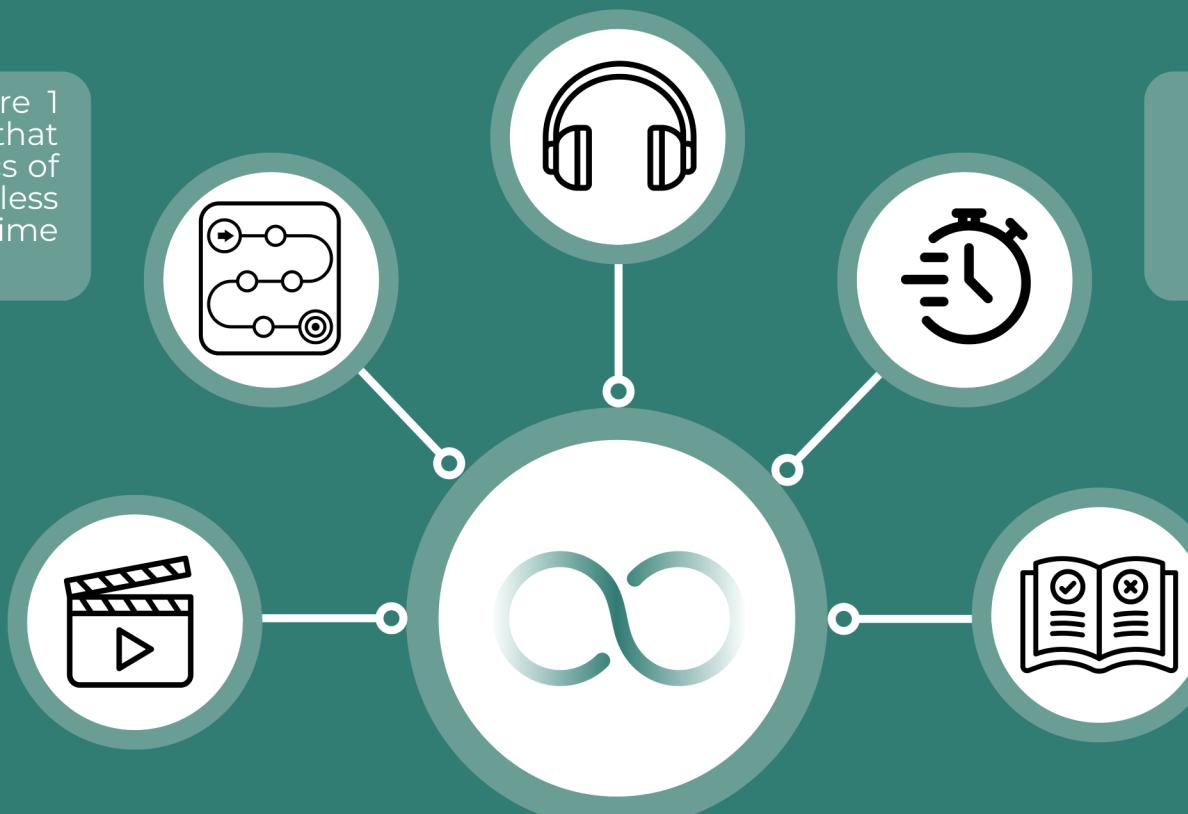
Guided sessions to initially improve your technique with guidance, and can then be used for a relaxed session when you prefer a session to be led.

QuickLearn™ Sheets are 1 page summarisations that will teach you the basics of each technique in less than 2 minutes if your time is short.

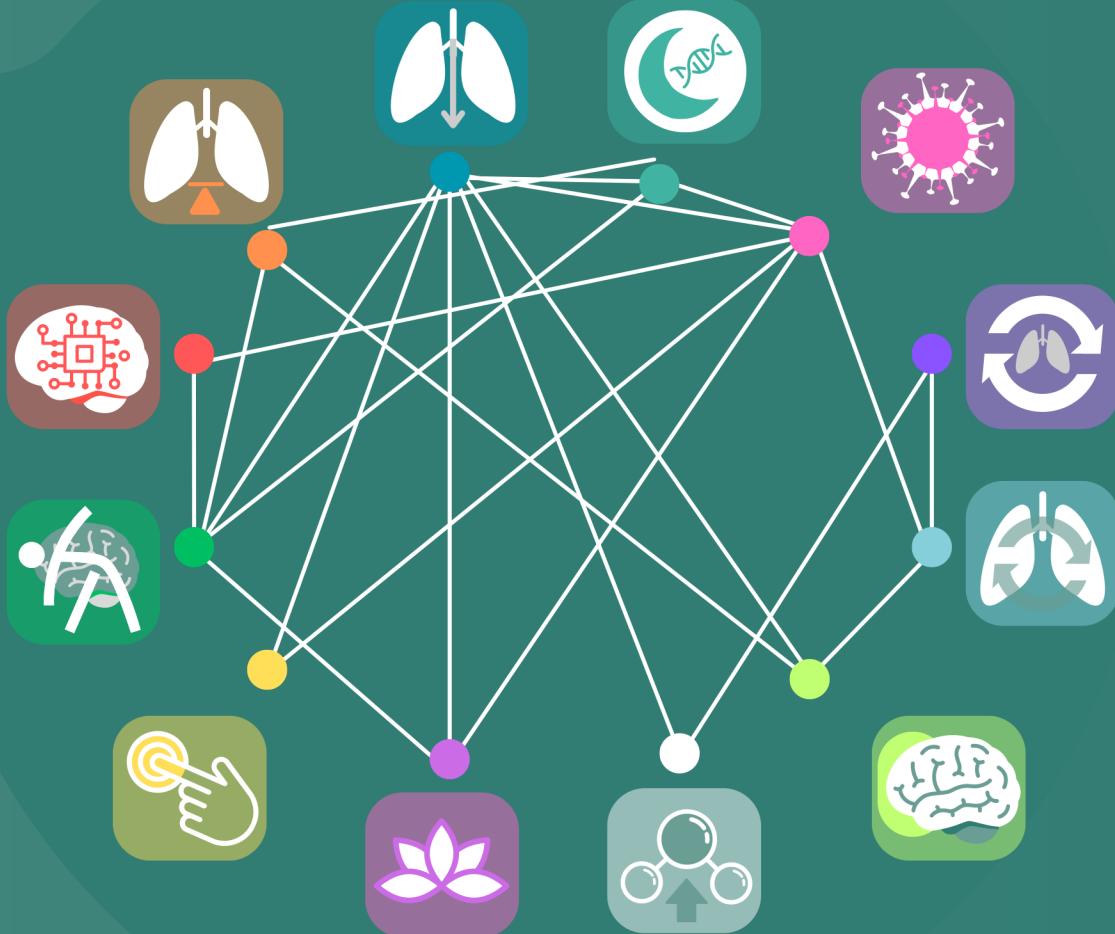
Silent visual timers are guided graphics that can be used anywhere to follow and calm your nervous system.

QuickLearn™ Sessions are short videos to fit into your schedule in which you are visually taught how to perform the exercises.

The protocols offer tips on condensed leading science on optimisation of your lifestyle to improve your stress resilience.



The Oxygen8™ Method Complimentary Modalities



The modalities are highly beneficial by themselves, but can also be practiced together to compound their effects. The connecting lines show modalities that can either be combined or will have a direct positive impact to help with the physiology optimisation technique that it is connected to.

Depending on the form of stress and its associated symptoms you are experiencing some exercises may be more beneficial than others. The following pages provide the suggested exercises for specific stress forms. If denoted * then consider whether this form is suited to your specific situation.

Recommended practices for different aspects of stress, chronic stress, burnout or resilience building.

	<i>Getting to know your breath tips</i>	<i>3-Part Breathing</i>	<i>4-6 Breathing</i>	<i>Cyclic Sighing</i>	<i>Triangle Breathing</i>	<i>LSD Breathing</i>	<i>4-2-4 Breathing</i>	<i>4-7-8 Breathing</i>	<i>Coherent Breathing</i>	<i>Box Breathing</i>	<i>CCB</i>	<i>Nervous System Cycling PMR</i>	<i>Hand Sequencing</i>	<i>EFT Tapping</i>	<i>54321 Embodiment</i>	<i>BLK Meditation</i>	<i>Labelling</i>	<i>Mantra Meditation</i>	<i>Polyvagal ladder</i>	<i>Yoga Nidra</i>	<i>Gratitude Journaling</i>	<i>Panic Protocol</i>	<i>Supplementation</i>
No health concerns	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Intermittent Low Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
Rising Stress Level	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓							✓	✓	✓	✓	✓		
Tension From Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓		✓	✓	✓	✓	✓	✓	
Peak Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓		✓						
Chronic Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Overwhelm		✓	✓	✓	✓	✓	✓	✓	✓	✓				✓								✓	
Depression											✓*			✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Low-Level Anxiety	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Anxiety	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Racing Thoughts	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓		✓	✓			✓	
Panic Attacks																						✓	
Insomnia			✓	✓	✓	✓	✓	✓	✓	✓	✓*		✓			✓	✓	✓	✓	✓	✓	✓*	
Dissociation																✓						✓*	
Exhaustion	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓				✓	✓	✓	✓	✓	✓*	
Burnout	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	*	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Immune Function												✓	✓			✓			✓	✓	✓	✓*	
Inflammation	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Lower Oxidative Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓				✓	✓	✓	✓	✓	✓	✓*	
Resilience Boosting	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	
Cognitive Resilience	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓*	



**Recommended practices
for different aspects of
stress, chronic stress,
burnout or resilience
building ctn.**

	Gratitude Exercises	Anchoring	Rewiring ABCDE Analysis	Relabelling	PPP to CCC	DARE Method	PFC Load Reduction	Submaximal Exercise	Off-loading	45-5 Minute Rule	≤40Hz Binaural Beats	Sleep	Optimisation Digestion	Optimisation	Exercise Timing	Optimal Hydration	Glucose Management	Gut Biome Diversification	Recalibrate Blood CO2	Mouth Taping	Grounding
No concerns	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Intermittent Low Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Oncoming Stress		✓	✓	✓	✓		✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Tension From Stress			✓	✓		✓	✓	✓	✓	✓		✓			✓	✓	✓	✓	✓	✓	✓
Peak Stress			✓	✓	✓			✓	✓	✓		✓		✓	✓	✓	✓	✓	✓	✓	✓
Chronic Stress	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Overwhelm		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	✓	✓
Depression	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Low-Level Anxiety		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Anxiety	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Racing Thoughts	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Panic Attacks					✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Insomnia					✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dissociation		✓		✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Exhaustion	✓		✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Burnout	✓						✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Cognitive Resilience	✓					✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Inflammation	✓							✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Immune Function	✓								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Resilience Boosting	✓			✓				✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Lower Oxidative Stress	✓								✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓



