



ELMHURST COUNSELING

The Breakout Principle

Harvard University Mind/Body Institute

1. Hard Mental and Physical Struggle (*increases noradrenaline stress hormones*)

- anger/frustration
- excitement/anticipation
- sadness/loss
- anxiety/tension

2. Release/letting go (*pulling the breakout trigger counters stress hormones by releasing puffs of nitric oxide. Nitric oxide enhances memory, improves oxygen flow to the brain, bolsters the immune system and provides the biochemical foundation for relaxation.*)

- walking away
- repetitive movement
- surrender
- spiritual
- musical/cultural
- nature/water
- housework/yardwork
- self-care activity
- altruism/pet care
- brainstorming

3. Peak experience (*breakout*)

- self-awareness: *solid inner platform*
- creativity: *new insights*
- productivity: *energy, stamina, endurance*
- athleticism: *"in the zone" performance*
- rejuvenation: *health protection against disease, expedite healing*
- transcendence: *deeper spirituality*

4. Returning to a "new-normal" state (*improved performance*)

- re-enter the world of struggle and stress
- new insights and ideas produce new tools and resources
- improved mind-body harmony enhances performance
- hardship and adversity become opportunities for growth and change