



# Wellbeing Podcast

S1E7: COOPERATING WITH GOD'S GOOD DESIGN FOR YOUR BODY

## WHAT IS THE PARADIGM SHIFT YOU ARE HEARING?



### SUMMARY

The physical dimension was saved until the very end of Season One because we have tried to help shift people's mindset from the idea of physical wellness to Soul Wellbeing. Your soul's wellbeing is

- influenced by your sense of meaning (MEANING)
- influenced by how you interconnect with God (SPIRITUAL)
- influenced by what and how you think (COGNITIVE)
- influenced by how you navigate & manage your emotions (EMOTIONAL)
- influenced by what you have and are experiencing in your relationships (RELATIONAL)
- influenced by your body (PHYSICAL)

### GOD'S GOOD DESIGN

Just one example of God's good design:

Autonomic Nervous System has a checks and balance already built in:

#### Sympathetic Nervous System

"fight/flight/freeze"  
if we stay here for a long time, we can develop chronic physical issues

#### Parasympathetic Nervous System

"rest/digest/stay/play"

God! You have made us so well! Thank you.

Can you see what is God's good design for the human body and how can we partner with God for wholeness and thriving to emerge in our physical being.

How do our physical bodies influence our soul's wellbeing?

## TRY THIS AT HOME:

Help activate your Parasympathetic Nervous System by engaging a "Square Breathing" practice. Repeat the square 3-5 times.

EXHALE for 4 counts ← PAUSE for 4 counts



PAUSE for 4 counts → BREATHE IN for 4 counts