



STRESS MANAGEMENT



REBALANCE

impulse



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WHO IS IT FOR?

Whether you are a high-level athlete, business owner, or working a 9-to-5 job, these sessions might be right for you. If you, like many, are experiencing significant stress, it is definitely for you!

The harm that stress can cause and the impact of excess stress on your daily life is no longer a secret. Research by two Nobel Prize winners has shown that chronic stress is, quite unexpectedly, the main factor in accelerated aging and increased neurodegenerative illness.

In addition, a large body of research has presented chronic stress as the main driver for the explosion in chronic illness: high blood pressure, type 2 diabetes, cancer, cognitive degeneration, Alzheimer's, Parkinson's, and cardiovascular diseases.

The Global Organization for Stress reports that 80% of people feel stress at work. In addition, the American Institute of Stress reveals that 73% of people experience stress that affects their mental health, and 77% experience stress that affects their physical health.

Therefore, fighting chronic stress has become a personal priority, as well as a real public health issue.

REST ASSURED, WE HAVE THE SOLUTION!

HOW DOES IT WORK?

The training and cognitive stimulation sessions offered in the "Stress management" sessions combine chromorhythm-based breathing techniques with exclusive synchromotherapy® protocols. These specific and targeted stimulations promote the production of Alpha and Theta brain waves conducive to relaxation and regeneration, as well as the release of the three well-being neurohormones: serotonin, dopamine, and oxytocin.

Advanced meditation exercises, accompanied by auditory frequency stimulations improve the regulation of emotions and help reduce stress. Slowing down the activity of the amygdala and the areas of the brain involved in managing negative emotions allows for a calmer mind and better stress management, in both the short and long term.

Together, these applied neuroscience techniques rebalance your autonomic nervous system.

The Rebalance Impulse® "Stress management" sessions will provide you with an effective solution that will enable you to keep your stress under control for good.

BACKED BY SCIENCE

Cheron et al. Effects of Pulsed-Wave Chromotherapy and Guided Relaxation on the Theta-Alpha Oscillation During Arrest Reaction. Front Psychol. 2022 Mar 3;13:792872.

Kral et al. Impact of short- and long-term mindfulness meditation training on amygdala reactivity to emotional stimuli. Neuroimage. 2018 Nov 1;181:301-313.

Epel et al. Accelerated telomere shortening in response to life stress. Proc Natl Acad Sci U S A. 2004 Dec 7;101(49):17312-5.

