Travel Stress Reset | 10 Minute Meditation for Calm & Resilience Transcript

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Introduction and Reset Ritual

Welcome. I'm Dr. Manisha Benote, your Welcome. I'm Dr. Manisha Benote, your longevity lifestyle physician. longevity lifestyle physician. As you travel, your body moves through As you travel, your body moves through turbulence, not just in the air, but turbulence, not just in the air, but within your cells.

within your cells. Airports, crowded spaces, and disrupted Airports, crowded spaces, and disrupted sleep often leave the nervous system on sleep often leave the nervous system on high alert.

high alert. This meditation is your reset ritual. This meditation is your reset ritual. And the next 10 minutes will calm your And the next 10 minutes will calm your stress, restore balance, and remind your stress, restore balance, and remind your body that it is safe wherever you are.

body that it is safe wherever you are.

Travel Stress and Nervous System Response

So settle in, place your feet on the So settle in, place your feet on the ground, let your eyes close or your gaze ground, let your eyes close or your gaze Travel can be exciting, but behind the Travel can be exciting, but behind the excitement, your body often carries excitement, your body often carries Think of the last time you rushed Think of the last time you rushed through security, sat cramped in a seat, through security, sat cramped in a seat, or felt jet lag blur your thoughts.

or felt jet lag blur your thoughts. [Music] Stress hormones rise, digestion slows, Stress hormones rise, digestion slows, sleep fragments, your inner rhythm falls sleep fragments, your inner rhythm falls out of sync. And yet you have an anchor, out of sync. And yet you have an anchor, Each moment you choose to pause, your Each moment you choose to pause, your nervous system listens. Your cells nervous system listens. Your cells As you breathe in now, notice this As you breathe in now, notice this truth. Each inhale draws oxygen into truth.

Breathwork to Restore Calm

Each inhale draws oxygen into your lungs, sending fresh energy into your lungs, sending fresh energy into Each exhale signal safety, telling your Each exhale signal safety, telling your Science shows us that when the vagus Science shows us that when the vagus nerve is activated, your body shifts nerve is activated, your body shifts So right here with this breath you are So right here with this breath you are recalibrating.

You are reminding your body I am safe. I You are reminding your body I am safe. I Let's begin with the breath. Let's begin with the breath. Take a slow inhale through your nose.

Take a slow inhale through your nose. 1 2 1 2 3 4. 3 4. Hold gently. Hold gently. 1 2 1 2 Exhale slowly through the mouth. Exhale slowly through the mouth.

Good. Let's do that again. Good. Let's do that again. Inhale. Inhale. Inhale. 1 2 1 2 3 4. 3 4. Hold. Hold. Hold. One 2 One 2 exhale. exhale. exhale. and once more.

and once more. Inhale. Inhale. Inhale. 1 2 3 4 1 2 3 4 pause. 1 2 pause. 1 2 Exhale. Exhale. Exhale. Now continue on your own. Gently Now continue on your own. Gently breathing in, pausing, and breathing out breathing in, pausing, and breathing out slowly.

With each inhale, imagine you're drawing With each inhale, imagine you're drawing calm into your body. calm into your body. With each exhale, imagine tension and With each exhale, imagine tension and Inhale filling your chest,

your belly, Inhale filling your chest, your belly, Exhale, releasing stress, letting the Exhale, releasing stress, letting the Inhale calm.

Inhale calm. Exhale release. Exhale release.

Body Awareness and Steady Breathing

[Music] Inhale. Inhale. Pause. Pause. Pause. Exhale. Like the tide of the ocean. Steady and Like the tide of the ocean. Steady and unforced. Now bring your awareness to the center Now bring your awareness to the center Feel the gentle rise and fall.

Feel the gentle rise and fall. Picture With each breath, silently whisper to With each breath, silently whisper to yourself, Notice your body responding.

Notice your body responding.

Travel Resilience and Closing Message

[Music] [Music] carrying this steadiness into the rest carrying this steadiness into the rest The crowded terminal feels less The crowded terminal feels less overwhelming.

The unknowns of travel feel more like The unknowns of travel feel more like What if every trip became not just What if every trip became not just movement through space, but an movement through space, but an This is the essence of self-care.

This is the essence of self-care. to pause, to breathe, to recalibrate. to pause, to breathe, to recalibrate. So your body travels not in stress but So your body travels not in stress but Thank you for joining me in this Thank you for joining me in this self-care travel meditation.

self-care travel meditation. If this helped you feel calmer and more If this helped you feel calmer and more resilient on your journey, I invite you resilient on your journey, I invite you to subscribe for more meditations and to subscribe for more meditations and wellness practices designed to help you wellness practices designed to help you feel amazing, age smarter, and travel feel amazing, age smarter, and travel well.

well. well. Until next time, may your travel with Until next time, may your travel with