



MONTHLY NEWSLETTER

3.4.2022 ISSUE

## WELLNESS FOCUS

### TIME OFF AS AN INVESTMENT IN WELLBEING

BY DR. ALLEN GEE

Taking a vacation is good for brain physiology. So often we get caught in our daily routines of go go go: being at work at a certain time, drinking the same cup of coffee, eating the same breakfast and having the same lack of exercise. While this routine may be comfortable, it may not always be the best for us. It's important to take a vacation on occasion.

Vacations allow us to reset our routine, to shake off some of the bad habits that have developed. Perhaps we exercise more. Perhaps we sleep in more or perhaps we change our diet and have more time to prepare healthy food. We also have a chance to rest the brain and not constantly process or trying to multitask information. I recently was on a week-long vacation which, for me, is the minimal time needed to start to feel human again.

On the first day of my vacation, I started out on a gentle road bike ride with my friends riding my new gravel bike. After ten or twelve miles a couple of my friends took me onto single-track, which for mountain biking standards would be very simple but riding a drop handle bar gravel bike with skinny tires in the rocks, the technical drops and the tight trail became quite challenging and quite focusing. This brought me into the state of flow much quicker on trails that otherwise would have been too easy and would allow my mind to wander. This single-track ride included a significantly long climb and a somewhat fearful decent. My new gravel bike performed admirably. We spent a few more miles on pavement before we hit a traditional gravel ride along a slow incline on double track. In the past my friends were much faster riders than me and would often drop me on these rides. But this time I was able to hang with them to the very end of the ride at 35 1/2 miles. The next day was 22-mile ride followed by a rest day. Then we did a 16-mile intense mountain bike ride over very technical terrain. The exercise, the quality sleep, relaxing my brain and eating healthy really helped me feel invigorated. I then went to the mountains and snowboarded before returning home.

I have returned to work thinking more clearly, being able to focus better and enjoy my work more. Having that reset is also good for creativity so you can see and think of alternatives, new ways new perspectives. Sometimes when travel takes us to places where the daily routine is different, we find ways that we can modify our life and take back to our tribes to impact positively their lives and routines.

"Resting is not a waste of time. It's an investment in wellbeing." - Adam Grant



#### FRONTIER WELLNESS TIP

### ELEMENTAL BREATHING

Elemental Breathing is a breathing practice to help you ground your body and connect your inner worlds and your outer worlds. It can be as short or as long as you wish, and you can adjust the time by changing the number of breaths you do. It is recommended to do 5 of each.

- Begin by settling in to your chair, your body, your breath.
- Start with an earth breath, inhaling through your nose, and exhaling through your nose.
- Next move to a water breath, inhaling through your nose, exhaling through your mouth.
- Now transition to fire breath, inhaling through your mouth and exhaling through your nose.
- Then begin air breath, inhaling and exhaling through your mouth.
- And finally practice an ether breath, inhaling and exhaling very subtly through both your nose and mouth.

You can find a more comprehensive guide on Elemental Breathing [here](#). You can also contact [Virginia Starr](#) for a guided meditation and other healing arts services and practices.

## STAFF UPDATE

### NEW FACES IN THE SLEEP LAB

BY REGINA GEE

Frontier is excited to welcome two new Sleep Techs to our first floor suite! Allison Nebrigich and James Dopp are both Registers Polysomnographic Technicians (RPSGT) from Boise, ID and have over ten years of experience. Having a well-rounded team is essential in our goal of bringing better care to our patients, and having these two operating our “sleep care” center is heartening.

Sleep is one of Dr. Gee’s Four Drivers of Neurohealth. Sleep care intuitively makes sense, but has been hard to wrap our heads around because it is traditionally defined by what it is not – sleep as the lack of wakefulness. In reality, sleep is much more. When we sleep, we withdraw from the sensory stimulation of the waking world; we stop taking in visual, auditory, and other sensory input (with the exception of smell, which we continue to sense while sleeping). In deep sleep, brain activity, cardiovascular function, breathing, and other physiological processes slow down. Energy is shifted from our waking physiology to resting physiology, participating in rejuvenation, restoration, and immune function.

Sleep is foundational to every aspect of our wellbeing: our physical, mental, emotional, and spiritual selves. In order to show up in the world and “do” we must also have to settle within ourselves and “be.” When we understand the importance of sleep and all the ways it allows us to live, we can prioritize it and attend to our wellness in grounded (and transformative) ways. Inquire with us to work with Allison & James!

“Sleep is not a dead space, but a doorway to a different kind of consciousness—one that is reflective and restorative, full of tangential thought and unexpected insights.” -Katherine May

#### WE'RE READING:

*THE ART OF HOLDING SPACE*  
BY HEATHER PLETT

#### WE'RE LISTENING:

[ON BEING: HOW NEWNESS ENTERS THE WORLD](#)

#### WE'RE WATCHING:

*HOWL'S MOVING CASTLE*



### TRUST

BY REGINA GEE

Trust is both a verb and a noun; an action and a thing. As a verb, trust means “believing in the reliability, truth, ability, or strength of.” The word trust comes from the Old Norse word *traust* (from *traustr*) meaning strong. In the process of healing and understanding health, trust is an essential element: trusting yourself, your tools, and your community.

Charles Feltman defines trust as “choosing to risk making something you value vulnerable to another person’s actions.” The act of trusting requires we stand in uncertainty, that we make something that matters to

us on the inside available on the outside – straddling the fear of disconnection while taking the necessary risk for belonging.

Trust has arisen as a major theme in many of our wellness articles at [frontierneuro.com](http://frontierneuro.com). In “Gifts from ‘The Gifts’ Part One,” you can read about Brené Brown’s Guidepost #5 for Wholehearted Living: Cultivating Intuition and Trusting Faith and Letting Go of the Need for Certainty.

In Alta Clark’s “Foundations of Ownership,” she explores the tenets of Extreme Ownership. One of which is: Empower Those Around You. Within this tenet, Alta demonstrates that trust creates empowerment; when you trust the people around you, you empower their agency and capability. Empowerment is “the process of becoming stronger and more confident,” and trust is a critical element in strength & confidence.

In “Do the Work: Trusting Yourself” you can read about the type of trust at the core of healing & wellness: trusting yourself. This article explores Brené Browns Anatomy of Trust (BRAVING) and how you can apply its elements to your relationship with yourself and with others.

Trust is related to ideas of confidence, empowerment, belonging, and agency. As a social species we are navigating the world with a drive for belonging, which has a prerequisite of vulnerability. To find wellness & wholeness we have to risk making what we care about vulnerable to others actions, and build trust.

Read more of each article here:  
[Do the Work: Trusting Yourself](#)  
[Gifts from “The Gifts” Part One](#)  
[Foundations of Ownership](#)  
[Paradox, Anguish, & Mettle](#)