

The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.

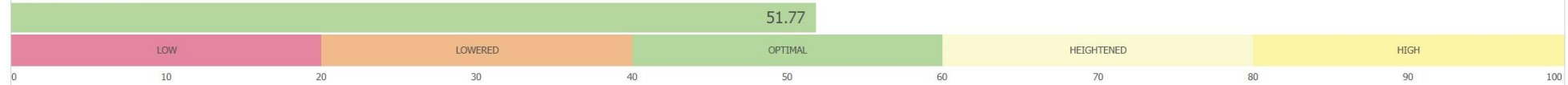
# The "Resilience" parameter in the Bio-Well program

# Analysis

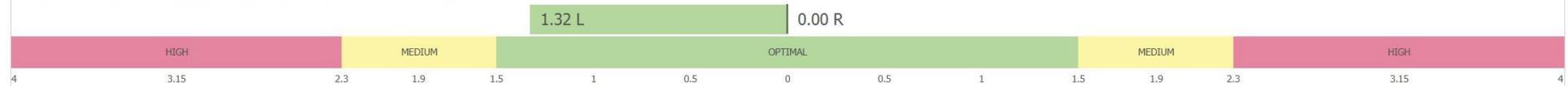
STRESS: Optimal



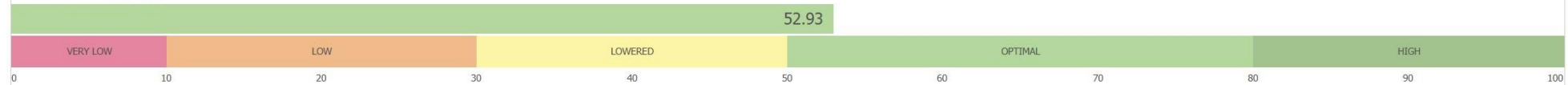
ENERGY: Optimal



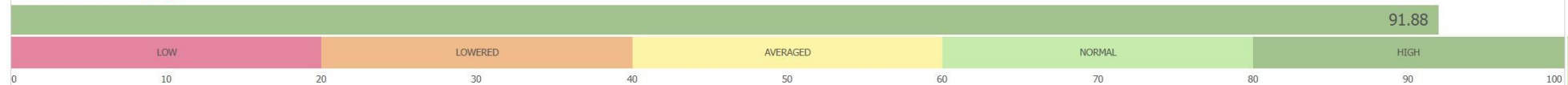
BALANCE SYMPATHETIC/PARASYMPATHETIC, JOULES ( $\times 10^{-2}$ )



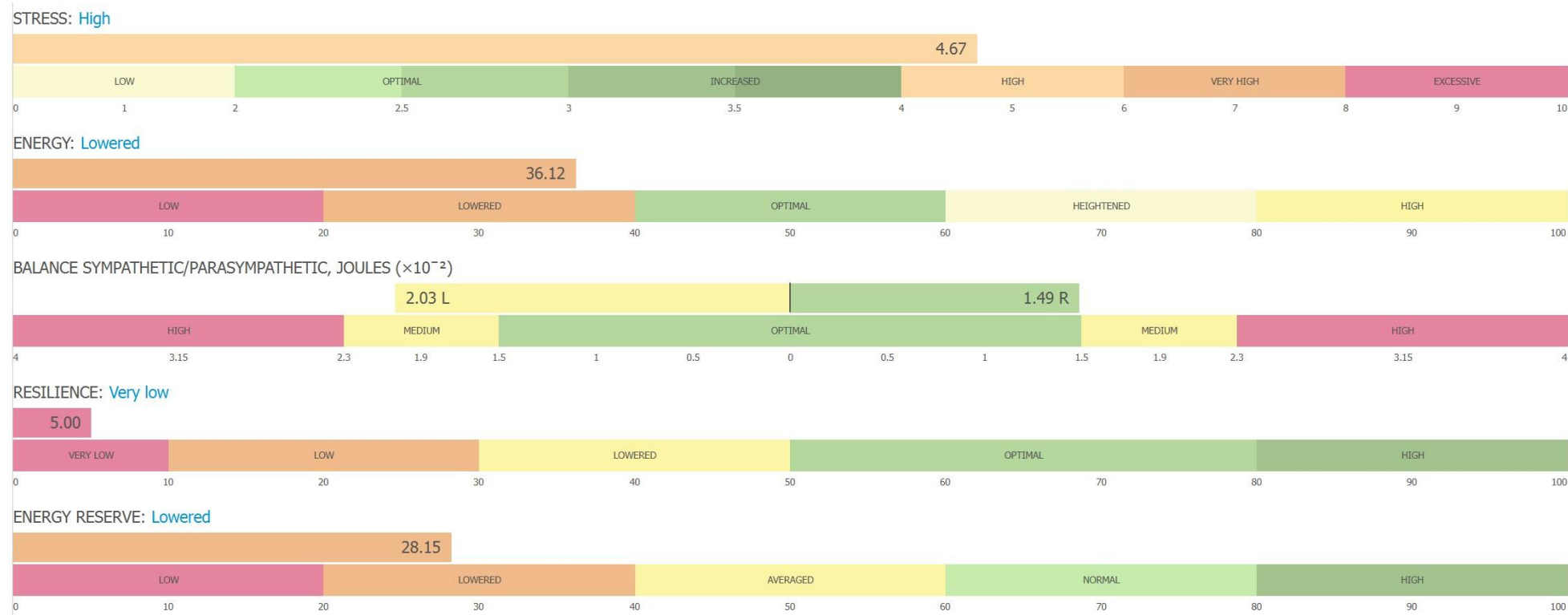
RESILIENCE: Optimal



ENERGY RESERVE: High

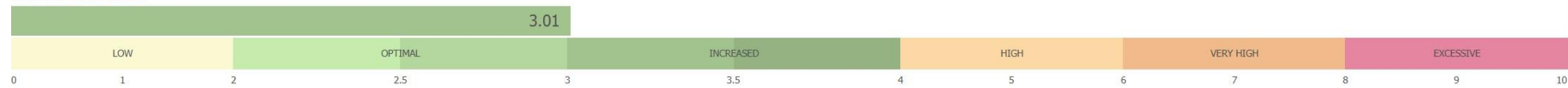


# Critical conditions

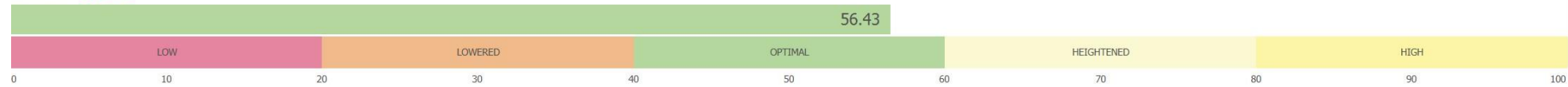


# "Resilience" parameter

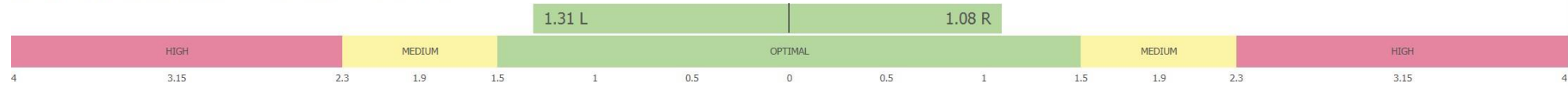
STRESS: Increased



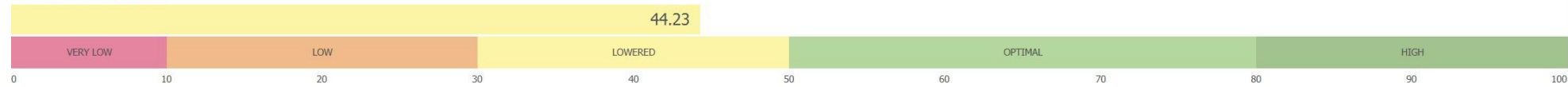
ENERGY: Optimal



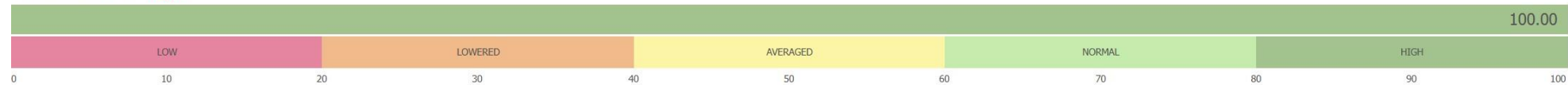
BALANCE SYMPATHETIC/PARASYMPATHETIC, JOULES ( $\times 10^{-2}$ )



RESILIENCE: Lowered



ENERGY RESERVE: High



## Negative factors affecting Resilience

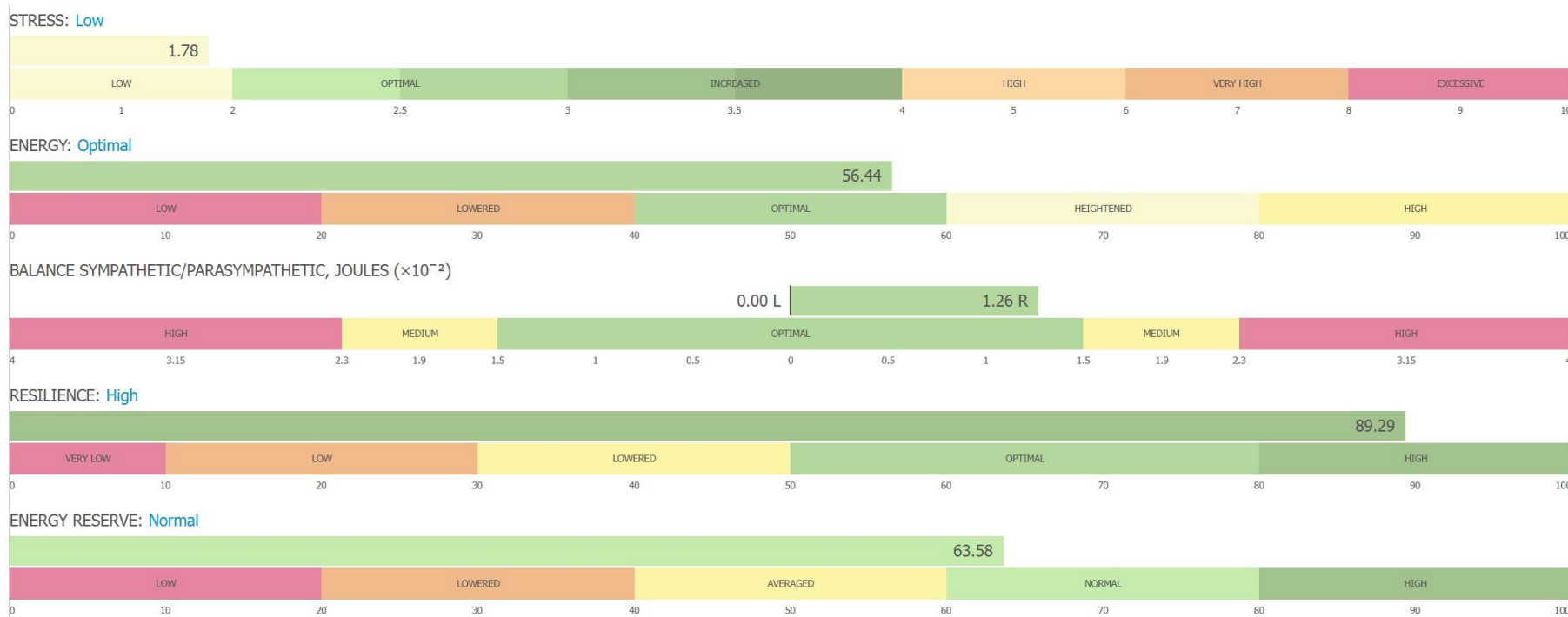
- Unplanned stresses and strains.
- Lack of basic security.
- Prolonged stress and strain.
- Lack of control over the situation.
- Isolation from the information environment. It happens when there are no useful activities in life.
- Lack of basic needs: sleep, food, a favorable social environment, etc.

## Positive factors affecting sustainability

- Control over your life, even over a small part of it.
- Long-term adherence to a daily routine and a healthy lifestyle.
- Safe environment. Isolation from negative information.
- (It works when the lifestyle is full of useful activities.
- Mental and psychoenergetic practices.

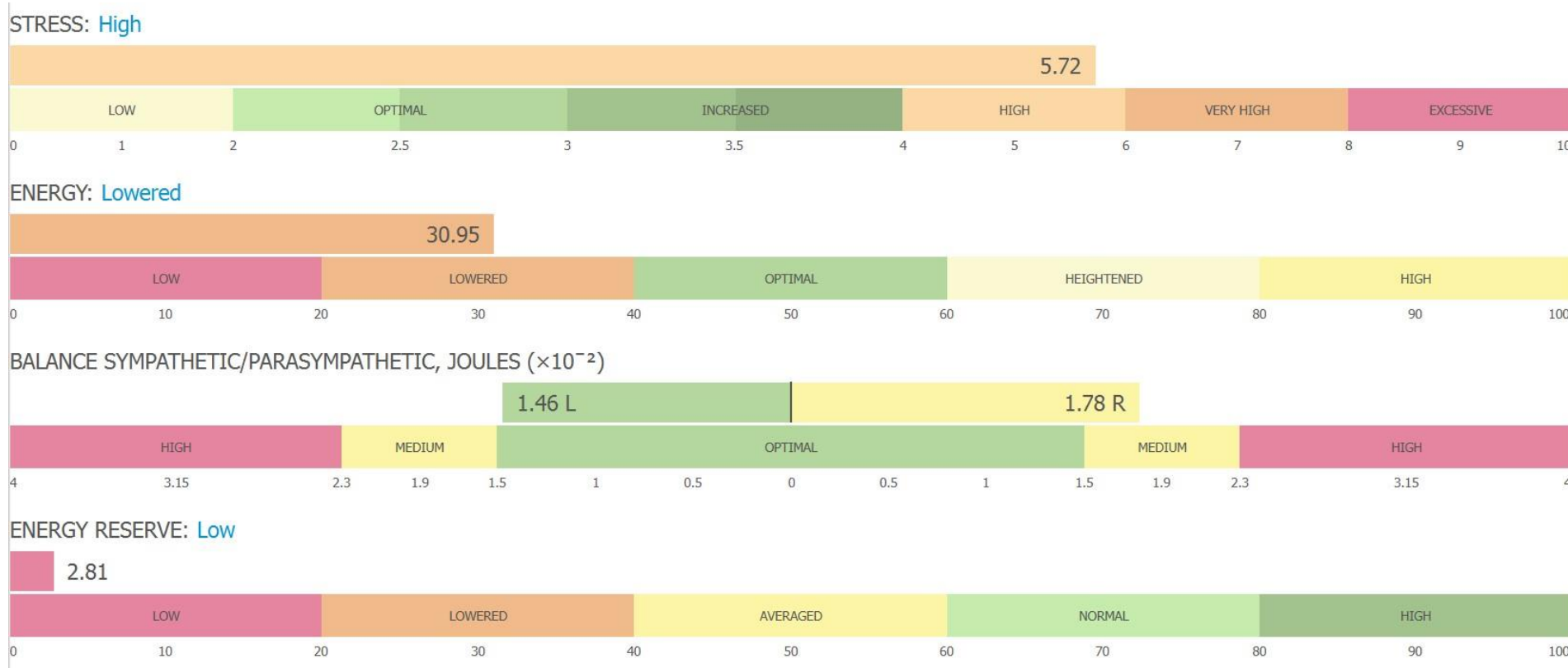
# Example.

## The result of regular meditation.

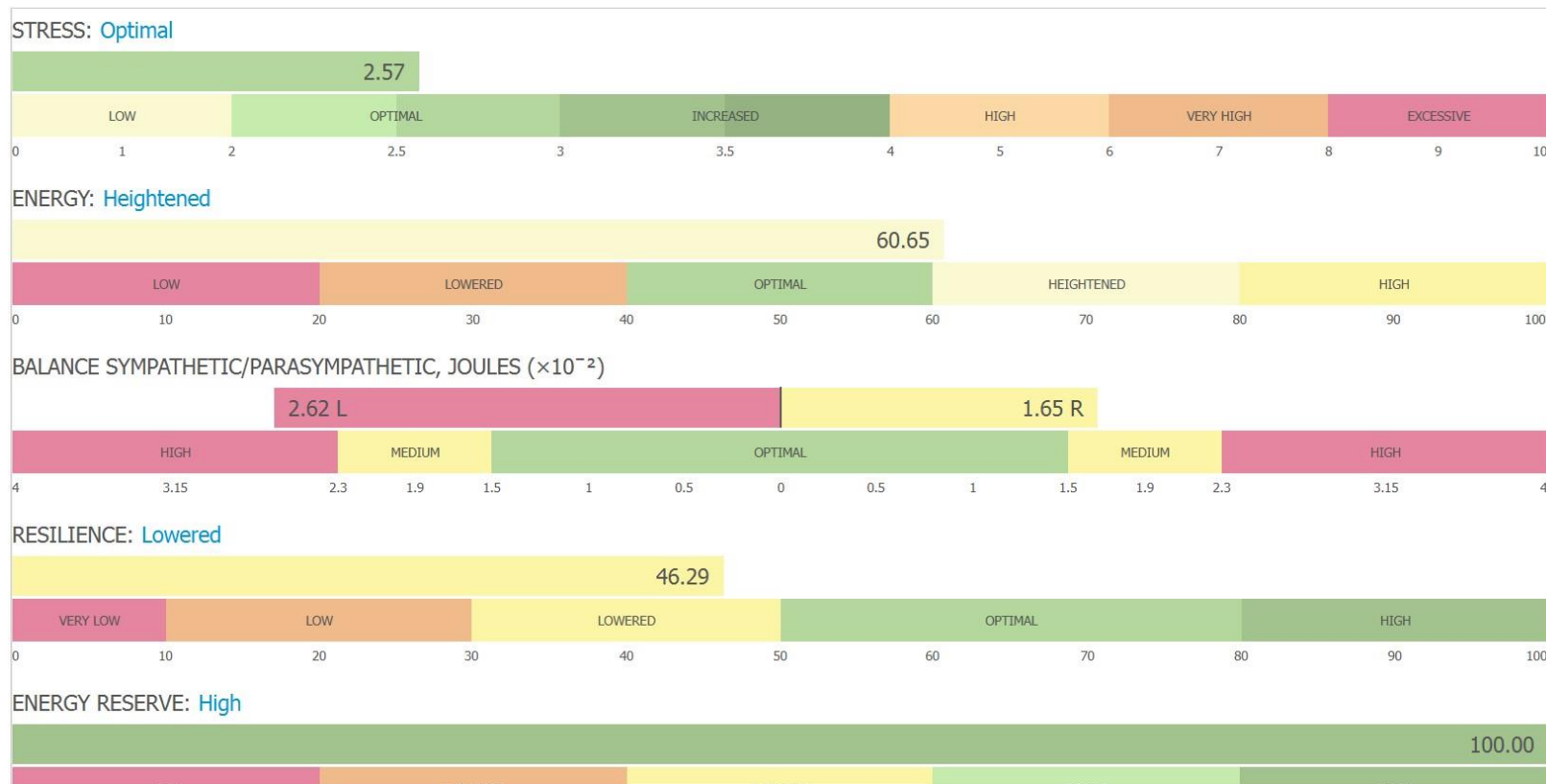


## Example.

Loss of control of the situation due to an unplanned workload at the dentist. The "stability" is close to 0.

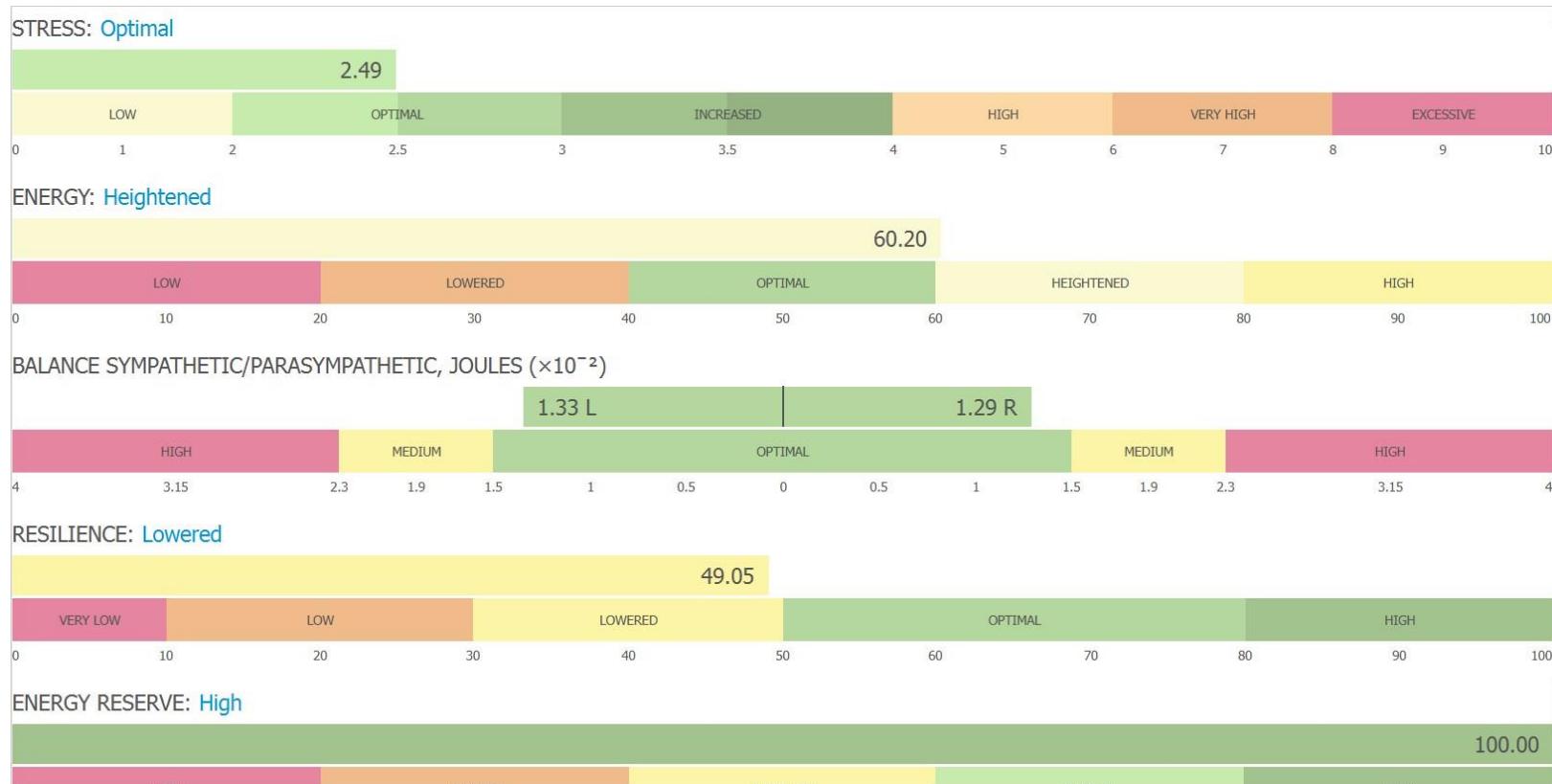


Example.  
The psychological state is normal.



# Example.

## The psychological state after meditation.



Example.  
The psychological state is in a working, hypersensitive state.



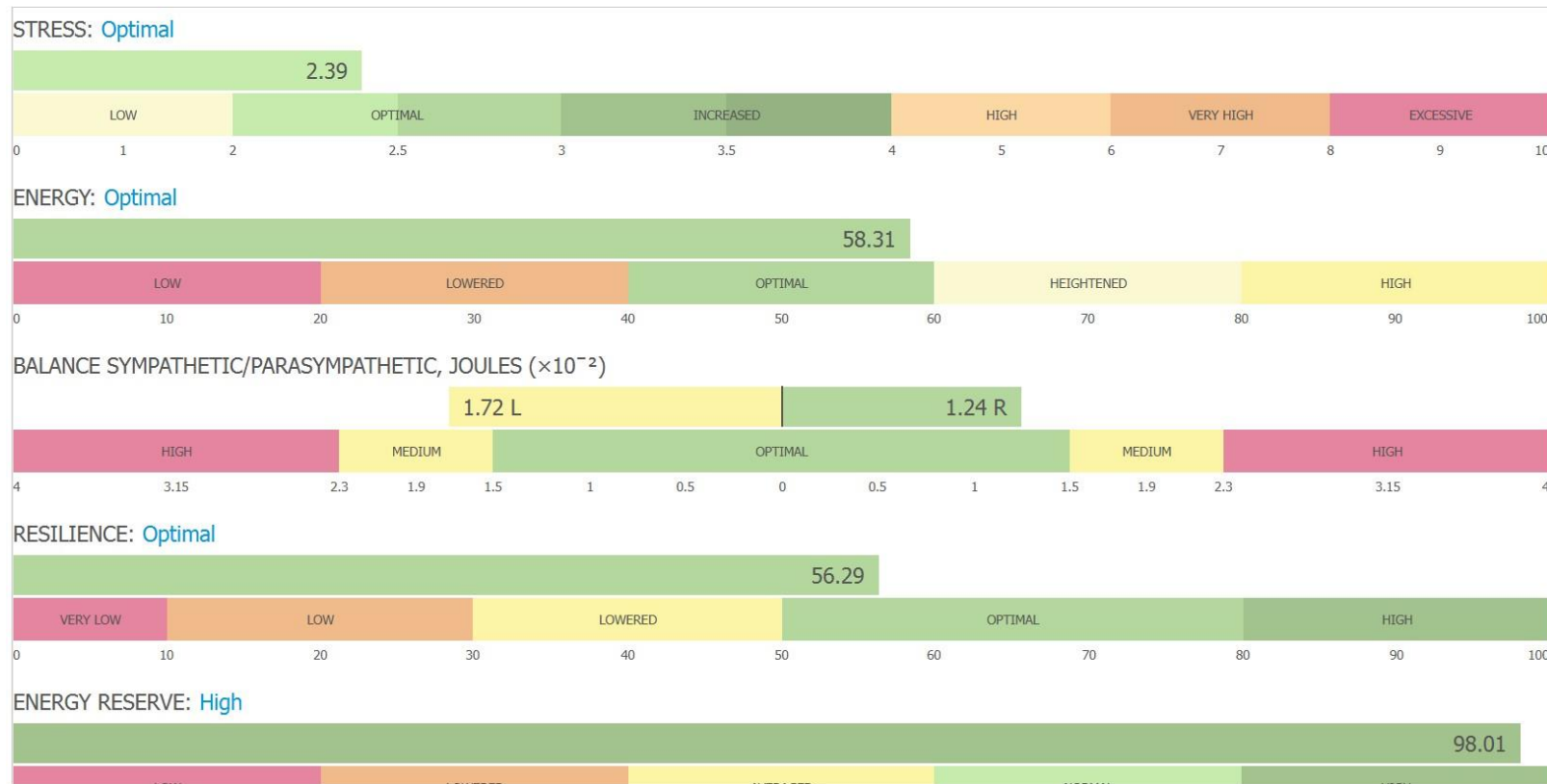
# Example.

## The psychological state after practicing conscious imbalance.



# Example.

## The psychological state after recovery practice.



# THANK YOU FOR YOUR ATTENTION!

- Feel the joy of life,
- Self-confidence,
- Believe in a happy future and...

Remember that in difficult situations, you can  
always contact the Bio-Well team.😊

**Elena Janovskaia**