

PHC Yin Protocol: Down-Regulate & Reduce Stress

Most people live in constant 'go mode': training, working, rushing, overthinking. That's all "yang" energy. If you never balance it with "yin" energy, your body stays stuck in stress mode.

Yin = calming, slowing down, restoring your nervous system.

Yang = activation, output, stress

Yin Checklist

Daily Target: Choose 2–3

Weekly: 3–4x per week

1. Slow Breathing (2–5 minutes)

Inhale 4 seconds, exhale 6–8 seconds.

2. Light Walks (10–15 minutes)

Extra low-intensity movement to reduce stress. Easy pace, no phone if possible.

3. Sauna / Heat (15–20 minutes)

Relax and focus on breathing.

4. Legs Up the Wall (5–10 minutes)

Lay on your back with feet elevated. Distraction free. Focus on breathing.

5. Low-Stimulation Evenings

Dim lights, reduce screens, slow things down by journaling or reading instead of watching TV or scrolling.

6. Morning Sunlight (5–10 minutes)

Step outside for a few minutes while enjoying your coffee.

7. Quiet Time (No Input 5-10 minutes)

No phone, no music, just stillness. Meditate and focus on your breath.

8. Grounding (5–10 minutes)

Stand or walk barefoot on grass.

9. Epsom Salt Bath or Shower (15–30 minutes)

Support relaxation and muscle recovery.



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10. Light Stretching / Yin Yoga (10–20 minutes)

Slow, controlled movements with deep breathing

11. Red Light Therapy (10–20 minutes)

Low-stimulation recovery for relaxation and sleep support.

12. Sauna (10-20 minutes)

Use consistently to help calm your system and support recovery.

13. Calming Herbal Tea (evening)

Chamomile, peppermint, or similar to wind down.

14. Massage Gun / Foam Rolling (5–10 minutes)

Release tension and relax the body.

15. Go to Bed Earlier Than Usual (even just 15 minutes)

Prioritize recovery when your body needs it.

16. No Caffeine After 12PM

Protect your sleep and nervous system.

17. Magnesium Before Bed

Supports relaxation and sleep quality. 200-400mg

