

Settling Your Nervous System In Unsettling Times



Here we are helping the body to downregulate out of the stress or fight-flight response *through* the physical body rather than the mind, to help shift energy and achieve deeper reintegration.

DOORWAYS INTO THE NERVOUS SYSTEM

- Peripheral vision: Look up at a spot across the room just above head height. Soften your eyes, notice the area around the spot and become aware of the whole room around you. Sense a 360 degree awareness around you. Feel your body settle and downregulate.
- Eye movement: Look directly left for 30 seconds or until you sense an inhale, yawn or sigh. Look directly right.
- The Vagus Stroke: Using your flat hand glide over your skin from the base of the neck down to the top of your ribs – firmly and slowly in sweeping motions downwards. *Thanks to Erin Michaela Brandt at www.AppreciatingMen.com for this great tip.*
- Breathing with a sigh: Belly breath in long and slow and then exhale with sound. Let your body hear you and feel you are okay. Repeat 5 times.
- Orientation: Look around your space, see and make contact with the area you're in, connect with safety and awareness. *Insights from Kimberly Johnson and her teachings on the nervous system <https://www.magamama.com>.*
- Voice: Humming, singing, chanting or laughing.



SELF SOOTHING

- Brush your hands down your over your face, over your arms firmly and lovingly. Hold your upper arms in a hug, comfort yourself. Think of one of your most comforting people holding you – real or imagined.
- Talk to yourself out loud about what is good. "I'm here, I'm okay right now, all will be well."

BREATHING

Calming Breath

Place a hand on your belly and a hand on your chest. Breathe in to the belly, then into the chest, pause at the top, then breathe out from the whole area slowly. Breathe in slowly and make the out-breath last a bit longer than the in-breath. Ideal for anytime and good before sleep.

You are a powerful creature, capable of anything,
BUT NOT WHEN YOU'RE STRESSED.