

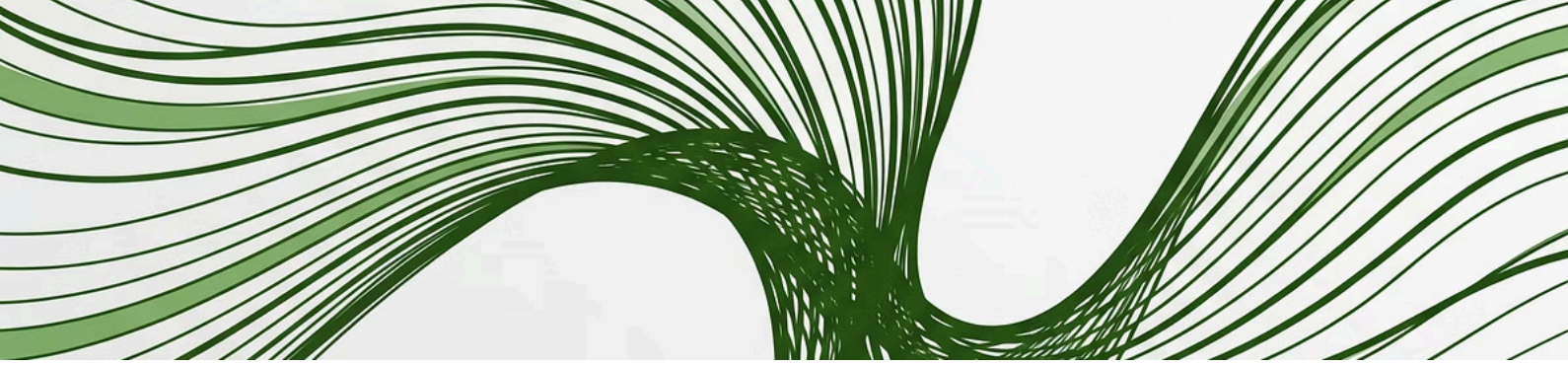
# Nervous System Reset



21 Proven Practices and Tools  
to Rewire and Reset Your Nervous System

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## How years of unhealed trauma keep your nervous system stuck on high alert, leaving your body trapped in survival mode and holding onto stress long after the danger has passed.

- Do you feel like you're "on edge", even when everything is fine?
- Do you replay a conversation a thousand times, wondering if you said that one "wrong" thing?
- Do you say "yes" when you mean "no" just because you're terrified of someone being mad at you?
- Does your stomach drop when someone's tone changes, making you think they're about to leave?
- Are you always "scanning" the room or people's expressions, waiting for the other shoe to drop?

### LET'S LOOK AT WHY YOU DO THIS:

If you answered "yes" to these, your nervous system is stuck in survival mode, and is dysregulated.

### YOU'VE HEARD OF HIGHT-FLIGHT-FREEZE?

Thousands of years ago, it saved us from tigers. Originally, these survival responses existed to save your life.

If you were being chased by a predator, your nervous system would flood your body with adrenaline and cortisol, sharpen your senses, and mobilize your muscles so you could run, fight, or go still to survive.

Once the danger passed, your body would naturally discharge that energy. You would shake. You would breathe. You would cry. You would return to safety.

But today, most threats are not tigers. They are deadlines, conflict, criticism, abandonment, pressure, emotional neglect, chronic uncertainty, being "too much" or "not enough."

### AND THE PROBLEM BEGINS HERE...



When stress happens and your body is not given the chance to *complete* the survival cycle, that activation does not disappear.

**It stays in your tissues, your breath, your posture, your gut, your muscles, your immune system. It becomes background noise in your body. It becomes your "normal."**

Each unprocessed experience adds more stress, eventually the system is stuck in survival, not as a dramatic breakdown, but as symptoms:

**"burnout, anxiety, depression, chronic pain, fatigue, digestive issues, autoimmune conditions, insomnia, emotional numbness, reactivity, depression, collapse."**

Your nervous system was designed to protect you, not to carry years or decades of unresolved activation. When survival becomes a permanent state, the body pays the price.

We are meant to *survive* through fight, flight, and freeze.

We are meant to *thrive* through rest, regulation, safety, connection.

To heal, we have to stop talking to your thinking brain. Most of us try to heal and solve our stress by **thinking** our way out of it.

We tell ourselves, "*There's no reason to be anxious,*" or "*Just calm down.*"

Animals in the wild shake, tremble, and breathe deep to "discharge" stress. Humans have been taught to sit still and "keep it together."

## **WE HAVE FORGOTTEN HOW TO REBOOT!**

If you've tried talk therapy, mindset work, meditation and feel stuck, it's because these are top-down approaches. They work on the mind.

This is why we do **Nervous System Regulation Work, which** uses "Bottom-Up" techniques, physical movements, breath modulation and sensory inputs to widen your **Window of Tolerance.**

- **When your window is narrow:** Every minor inconvenience (a traffic jam, a spilled coffee) feels like a life-or-death emergency.
- **When your window is wide:** You can handle the chaos of life without your "lizard brain" hijacking your entire personality.

We are teaching your system how to release the "stored trauma" so you can finally stop surviving your life and start actually living it.



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*These use internal vibration to stimulate the Vagus nerve as it passes through the throat.*

- **Humming.**

## 7. Reflective Processing

*These tools translate emotion into organized language for term healing.*

- **Gratitude Journaling**
- **Affirmations**
- **Expressive Writing**



# Breath Practices:

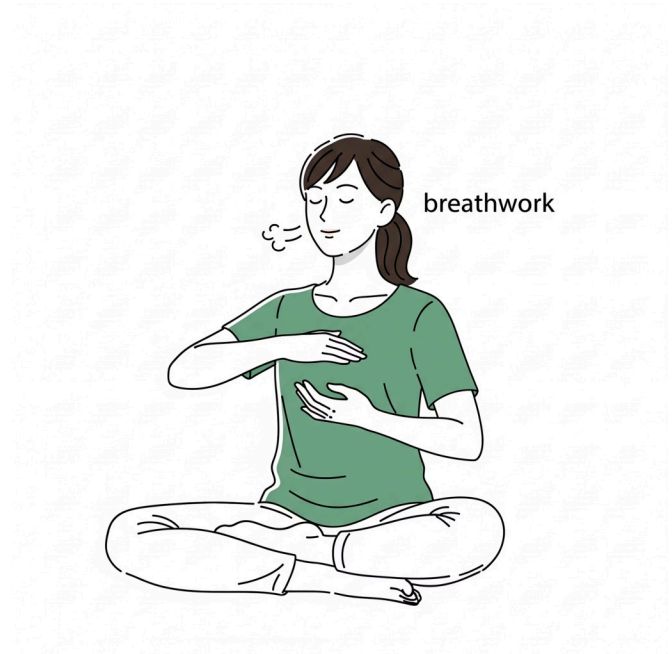
## 1. Physiological Sigh (Double Inhale, Long Exhale)

### Quick Visual:

Inhale + another small inhale → Slow exhale × 5 counts.

### Why:

A naturally occurring reflex that helps offload CO<sub>2</sub> and reduce arousal.



### How (5–10 rounds):

1. Inhale through the nose part-way.
2. Take a second, smaller sip of air to comfortably "top up."
3. Exhale slowly through the mouth until empty.

#### When:

Fast relief during anxiety, after crying, or when feeling "stuck on."

#### Safety:

Stop if dizzy. Keep it gentle; no force.

Credit note: Described in respiratory physiology research (e.g., Jack Feldman, PhD).

## 2. Resonance Breathing (5 inhales–5 exhales)

### Quick Visual:

5 in → 5 out for 2–5 minutes.

### Why:

Breathing around your heart-rate-variability (HRV) "resonant" rate can support balance.



### How (2–5 minutes):

1. Inhale 5 seconds.
2. Exhale 5 seconds.
3. Continue 12–30 breaths.

#### When:

Daily baseline regulation;  
pre-sleep; gentle reset.

#### Safety:

If 5–5 feels strained, use a  
comfortable rhythm (e.g., 4–4).

Credit note: HRV biofeedback and "resonant breathing" research (Paul Lehrer, PhD, and colleagues).

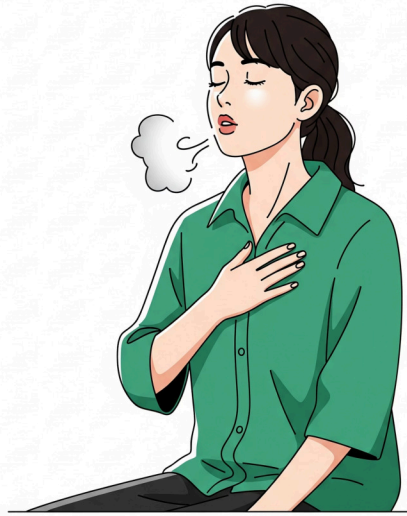
# 3. Long Exhale Breathing (4–6)

## Quick Visual:

Inhale 4 → Exhale 6 × 6–10 cycles.

## Why:

Lengthening the exhale stimulates the body's calming pathways.



## How (1–3 minutes):

1. Sit or stand comfortably, hand on chest or belly.
2. Inhale through the nose for 4.
3. Exhale through pursed lips for 6 (like fogging a mirror softly).
4. Repeat 6–10 cycles. If 4–6 is too much, try 3–4.

### When:

Hyper (ON), stress spikes, before sleep, or after a startle.

### Safety:

If lightheaded, stop and breathe normally. Avoid breath holds if pregnant or medically advised.

Credit note: Long-exhale practices are widely used in breath training and clinical relaxation literature.

# Body-Based & Somatic Release

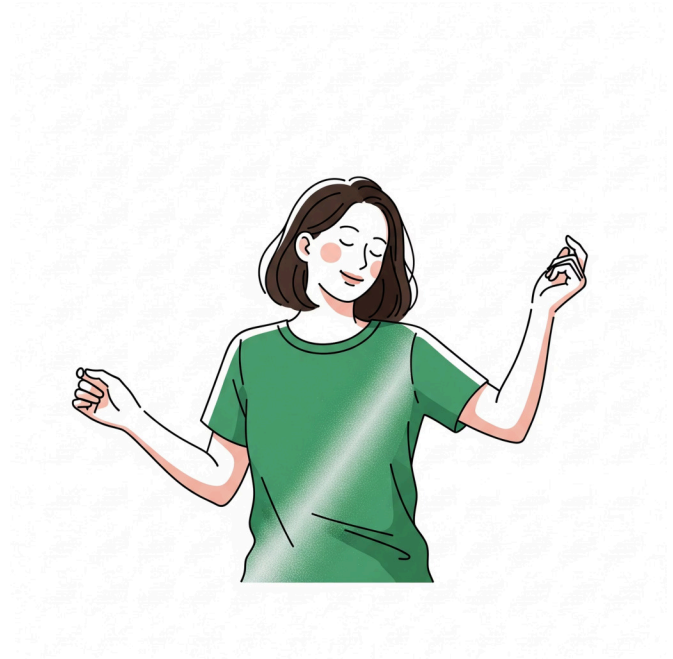
## 4. Shaking & Loose Movement

### Quick Visual:

hands → arms → shoulders → torso  
→ legs → sigh.

### Why:

Gentle whole-body movement helps discharge excess activation and return to baseline.



### How (1–3 minutes):

1. Stand with soft knees and feet hip-width.
2. Start with hands, loose shakes.
3. Let it spread to arms, shoulders, torso, legs.
4. Add a sigh or hum.
5. Stop and notice: tingling, warmth, breath.

#### When:

After stress, before/after difficult calls, mid-day slump.

#### Safety:

Keep it gentle. If you have balance issues, do this seated.

Credit note: Common across somatic practices; distinct from proprietary methods.

# 5. The Wall Push

## Quick Visual:

Pushing a wall as if trying to move it.

## Why:

Engages "proprioception" and provides an outlet for sympathetic (fight) energy without actually being aggressive.



## How (1–2 minutes):

- **Stance:** Stand facing a wall, one foot slightly in front of the other.
- **The Push:** Place palms flat on the wall. Push with **steady, firm force**, engage your core and legs.
- **Exhale:** Blow out air slowly through pursed lips as you push.
- **Release:** Shake out your arms and notice the "weight" in your muscles.

### When:

Feeling frustrated, restless, or trapped in "fight" mode.

### Safety:

Don't lock your elbows; keep a slight bend to protect the joints.

# 6. Releasing the neck

## Quick Visual:

Ear to shoulder + eyes looking the opposite way.

## Why:

Decompresses the vagus nerve by stretching the **sternocleidomastoid** and **scalene** muscles, which often trap the nerve when tight.



## How (2 minutes):

- **Set:** Roll shoulders up, back, and down. Gaze forward.
- **Tilt:** Slowly tip your **right ear** toward your **right shoulder** (don't turn your chin).
- **Focus:** Feel the length in the left side of your neck.
- **Eye Shift:** Move your **gaze to the right** while your head is tilted.
- **Breathe:** Take **4–6 deep breaths**, noticing the sensation on the left side.
- **Reset:** Return to center and repeat on the other side.

### When:

Neck stiffness, digestive upset (due to the neck-stomach connection), or after long periods of "forward head" posture at a desk.

### Safety:

Do not over-stretch. If you feel a sharp pinch, back off the tilt slightly. The release should feel like a "dull" lengthening.

**Credit Note:** Ozel Asliyuce et al. (2020) research on the link between cervical tightness and vagal function.

# 7. Jaw Release (The Vagus Reset)

## Quick Visual:

Slack jaw + gentle massage.

## Why:

The jaw holds significant tension linked to the "freeze" response; releasing it mirrors a state of safety.



## How (1 minute):

- **Drop:** Let your lower jaw hang open slightly, tongue resting on the floor of the mouth.
- **Massage:** Use fingertips to find the masseter muscle (the hinge of the jaw) and rub in tiny circles.
- **Sound:** Exhale with a soft "aaaaah" or "vocal sigh" to vibrate the throat.

### When:

Clenched teeth, "tech neck," or before a difficult conversation.

### Safety:

If you have TMJ issues, keep the massage very light and the opening narrow.

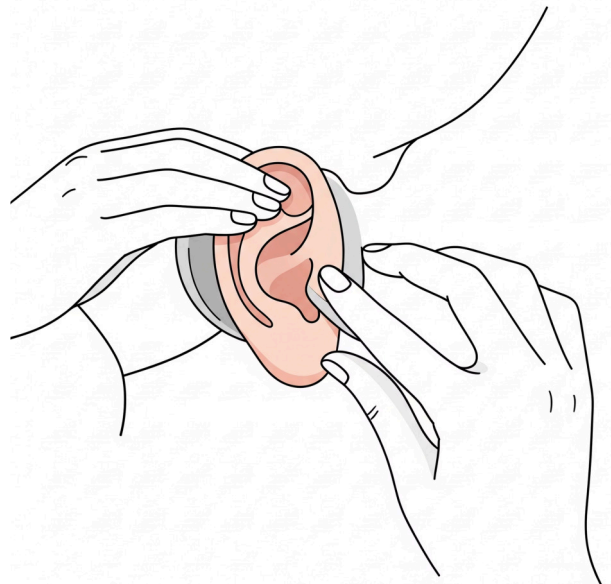
# 8. Gentle Ear Massage (Auricular Soothing)

## Quick Visual:

Lobe  Concha  Tragus  Rim

## Why:

The outer ear (especially the concha, tragus, and ear lobe) is richly innervated; slow touch can be calming.



## How (1–2 minutes each side):

1. **Warm-up:** Rub hands together. Place fingertips on the outer ear.
2. **Lobe Roll:** Gently roll the earlobe between thumb and index finger for 3–5 slow breaths.
3. **Concha Circles:** With a soft touch, make small circles in the hollow just outside the ear canal (concha) for 3–5 breaths.
4. **Tragus Sweep:** Lightly sweep the tragus (the small flap in front of the ear canal) forward and back 5–8 times.
5. **Outer Rim Glide:** Trace the rim (helix) from top to bottom slowly.
6. Switch ears.

### When:

Before bed, during screen breaks, when bracing in the jaw/neck.

### Safety:

Do not insert fingers into the ear canal. Avoid if you have ear infection, recent piercings, active skin irritation, or pain.

Credit note: Draws from massage therapy traditions and modern interest in auricular soothing; distinct from medical aVNS devices.

# Compassionate Touch

## 9. Self-Containment Hold (Self-Hug)

### Quick Visual:

cross arms → steady pressure →  
slow breath.

### Why:

Firm, kind pressure can cue safety  
and boundaries to the body.



### How (1–2 minutes):

1. Cross arms over chest or wrap arms around ribs.
2. Apply gentle, steady pressure with hands.
3. Breathe slowly; imagine your body settling into your own support.

#### When:

After a trigger, before sleep,  
grounding after tears.

#### Safety:

Stop if it increases claustrophobic  
feelings; switch to hand on heart.

Credit note: Inspired by somatic and sensorimotor psychotherapy traditions  
(e.g., Peter A. Levine, PhD; Pat Ogden, PhD).

# 10. The Butterfly Hug

## Quick Visual:

Crossed arms, alternating taps on the shoulders.

## Why:

Uses **bilateral stimulation** to help the brain process distress and self-soothe.



## How (2–3 minutes):

- **Cross** your arms over your chest so your hands rest on your opposite upper arms or shoulders.
- **Alternate Taps:** Tap your left hand, then your right hand, rhythmically and slowly.
- **Breathe:** Observe thoughts or feelings passing by without judgment as you continue the tapping.
- **Stop:** When you feel a shift or a sense of "enough."

**When:** High anxiety, emotional overwhelm, or feeling scattered.

**Safety:** If tapping feels overstimulating, try just holding the crossed position with firm pressure.

**Credit:** Lucina Artigas (developed for EMDR therapy).

# 11. Mirror Work

Mirror work is a powerful somatic and psychological tool designed to heal the relationship between the "observer" and the "observed."

Humans are biologically wired for **dyadic regulation**, we learn how to soothe ourselves by looking into the eyes of a caregiver.

If those early experiences were critical or cold, we often develop a "shame response" when looking at our own reflection.



## How (60–90 seconds):

1. Stand or sit comfortably in front of a mirror where you can see your eyes clearly.
2. Look into your eyes and take a slow, deep breath.
3. Say aloud: *"I want to like you. I want to really learn to love you, and get to know you."*
4. Take another breath and say: *"I'm learning to really like you. I'm learning to really love you. I'm learning to love you just as you are."*
5. *It's okay if this feels challenging stay with the breath. Use your own name and say: "I'm willing to learn to love you, [Name]. I'm willing to learn to love you."*
6. Throughout the day, every time you see your reflection, repeat these phrases silently to yourself to reinforce the bond.

By practicing Mirror Work, you are essentially "re-parenting" your nervous system, using your own gaze to signal safety, presence, and acceptance.

Credit note: Mirror Work, Louise Hay

# 12. Self-compassion

## What is Self-compassion?

Self-compassion involves accepting that you are human and that you make mistakes. It also means you do not dwell on those mistakes or beat yourself up.

Self-compassion isn't about confidence; it's a tool for nervous system regulation.

While self-criticism triggers your "fight-or-flight" response, compassion activates your brain's calming system, making you more resilient to stress.



## How to Practice:

- **The Friend Filter:** When you're struggling, ask: *"What would I say to a friend in this exact spot?"* Use that same tone for yourself.
- **Observe & Name:** Slow down and name the feeling (e.g., *"This is stress"*). Naming a feeling helps the brain's "logic center" take back control from the "alarm center."
- **Re-Script:** Catch your inner critic. Replace "I'm a mess" with "I'm having a hard time right now."
- **Physical Care:** Acknowledge you have needs. Taking a break or a deep breath is a legitimate medical necessity for your nervous system.

### Remember:

You cannot shame yourself into a better version of yourself. Change requires the safety that only compassion provides.

# Environmental Grounding

## 13. Orienting

### (Look, Listen, Let the Body Lead)

#### Quick Visual:

scan room → name 3 → exhale.

#### Why:

Finding neutral/pleasant cues in the room helps the nervous system update to "safe enough."



#### How (60–90 seconds):

1. Let your eyes slowly scan the space. Find 3 neutral or pleasant things.
2. Name them softly (in your mind or whisper).
3. Notice temperature, sounds, light, movement.
4. Let the jaw unclench; lengthen your exhale.

#### When:

Entering new spaces, after a startle, waking at night.

Credit note: Somatic Experiencing® orienting principles (Peter A. Levine, PhD).

# 14. Glimmers

## What are Glimmers?

**Glimmers** are micro-moments of safety and connection that cue the **Ventral Vagal system** to come online.

Unlike "triggers" that pull us into fight-or-flight, glimmers are biological signals that tell the brain, *"In this moment, you are safe."*

The goal of this practice is **nervous system flexibility**, developing the agility to find your way back to calm.



## How to Build Your Glimmer Habit:

1. **Build a Menu:** List things that give you a tiny spark of peace (e.g., the smell of coffee, a soft blanket, or a specific song, a bird chirping, your pet).
2. **Set a Goal:** Try to find just **one** glimmer today. As it gets easier, look for more.
3. **Stay Alert:** Glimmers are quiet. Look for that "spark" a moment where your shoulders drop or your breath slows down.
4. **Pause and Label:** When you find one, stop. Say *"glimmer"* or put a hand on your heart to let the feeling sink in.
5. **Write It Down:** Keep a "Glimmer Journal" to remind yourself that safety exists, even on hard days.
6. **Find Your Hotspots:** Notice which people or places (like a park or a best friend) give you the most glimmers.
7. **Share the Spark:** Text a glimmer to a friend. It helps both of your nervous systems feel more connected.

### When:

Do this anytime, especially in moments when you down.

"Glimmers," a term popularized by Deb Dana.

# Build your glimmer lost:

**Make a list of your glimmers below:**



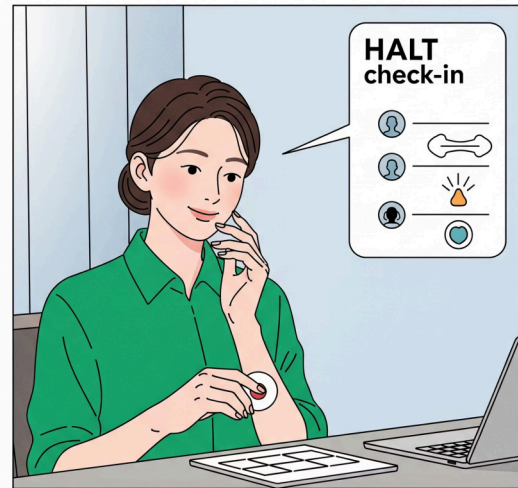
# Cognitive Regulation

## 15. The HALT Check-in:

We often mistake physical depletion for emotional crisis. The brain is a "prediction machine" it constantly interprets internal signals to make sense of your mood.

If your blood sugar is crashing or your heart rate is elevated from exhaustion, your brain may misinterpret these physical signals as anxiety, anger, or a sign that your life is falling apart.

By performing a **HALT Check-in**, you treat biological deficits as medical necessities. This prevents "false moods" and ensures you aren't trying to solve a physical problem with a psychological argument.



### How to do the HALT checkin:

1. **H – Am I Hungry?** Low blood glucose is one of the most common triggers for "hanger" and irritability.
  - a. **Check-in:** When was the last time I ate a balanced meal? Am I experiencing a "sugar crash"?
  - b. **Action:** Eat something with protein or complex fats to stabilize your blood sugar. Do not make major life decisions until 20 minutes after eating.

1. **A – Am I Angry?** Anger is often a "secondary emotion" used by the nervous system to protect a more vulnerable feeling like hurt or fear.
  - a. **Check-in:** What is the specific source of my frustration? Is it a current event, or am I carrying leftovers from earlier in the day?
  - b. **Action:** Acknowledge the anger without acting on it. Use a physical release (like a sigh or a quick walk) to shift the energy out of your body before engaging in conversation.

1. **L – Am I Lonely?** Humans are biologically wired for connection. Isolation sends a "lack of safety" signal to the brain, which can manifest as sadness or a sense of being "stuck."

a. **Check-in:** Have I had a meaningful interaction today? Do I feel disconnected from my community or peers?

b. **Action:** Reach out. A simple text, a 5-minute phone call, or even sitting in a public space (like a library or cafe) can signal to your nervous system that you are not alone.

1. **T – Am I Tired?** Sleep deprivation impairs the prefrontal cortex—the part of the brain that regulates emotions. When you are tired, your "emotional brakes" don't work.

a. **Check-in:** Did I get quality sleep last night? Have I been staring at a screen for too long?

b. **Action:** If possible, take a 20-minute power nap. If not, step outside for "non-sleep deep rest" (NSDR) or a 5-minute break away from all stimulation to lower your heart rate.

### Note:

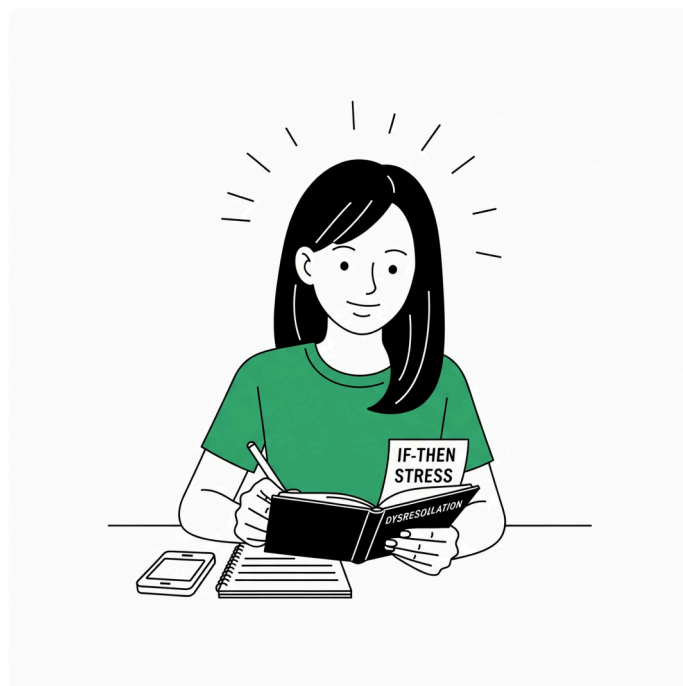
- **The "Rule of 20":** Once you identify and address a HALT need (like eating or resting), wait **20 minutes**. It takes this long for your biochemistry to stabilize.
- **Biological First:** Never "over-analyze" your life while you are in a HALT state. Fix the body first; the mind will often follow.

# 16. If-Then" Planning

When you are stressed or dysregulated, your "thinking brain" (the prefrontal cortex) goes offline, making it hard to remember your coping tools.

**"If-Then" Planning**, or *Implementation Intentions*, allows you to pre-program your responses.

By deciding on an action *before* the stress hits, you bypass the need for willpower and turn a healthy choice into a reflex.



## How (60–90 seconds):

1. Identify Your "If" (The Trigger): Look for the subtle, early warning signs that your nervous system is shifting out of balance. Be as specific as possible.
2. Select Your "Then" (The Action): Choose a somatic or cognitive tool that takes **under 60 seconds** to perform. It must be something you can do almost anywhere.
3. Combine the two into a clear, command-like sentence.

**Formula:** "If [Specific Trigger], Then I will [Specific Action]."

The Trigger (If...)	The Response (Then...)
If I feel my jaw clench while working...	<b>Then</b> I will drop my jaw and exhale with an "ah" sound.
If I receive a stressful text message...	<b>Then</b> I will take two deep breaths before replying.
If I start to spiral into self-criticism...	<b>Then</b> I will place a hand on my heart and use my "friend" script.
If I feel restless or "fizzy" in my legs...	<b>Then</b> I will do 60 seconds of Standing Shaking.

### Note:

- **Start Small**, Don't try to automate your whole life at once. Pick **two** high-frequency triggers and create "If-Then" plans for them this week.

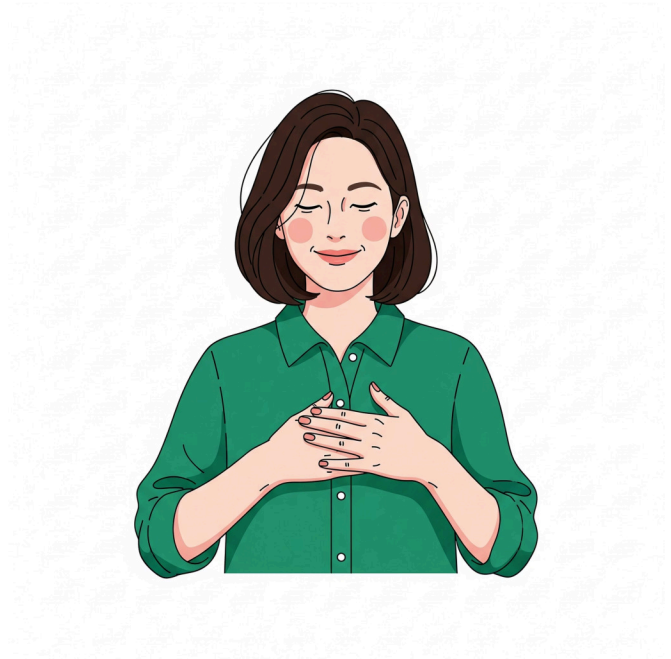
# 17. Resourcing

## Quick Visual:

scan room → name 3 → exhale.

## Why:

Finding neutral/pleasant cues in the room helps the nervous system update to "safe enough."



## How (60–90 seconds):

1. Let your eyes slowly scan the space. Find 3 neutral or pleasant things.
2. Name them softly (in your mind or whisper).
3. Notice temperature, sounds, light, movement.
4. Let the jaw unclench; lengthen your exhale.

### When:

Entering new spaces, after a startle, waking at night.

Credit note: Somatic Experiencing® orienting principles (Peter A. Levine, PhD).

# Vocal & Vagal Toning

## 18. Vagal Toning (Sound)

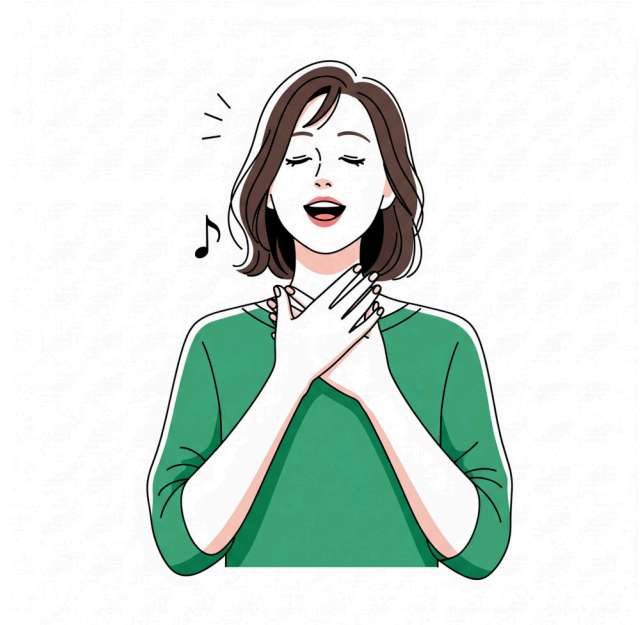
### Humming (or Chanting/Singing)

#### Quick Visual:

Nasal inhale → mmm... notice vibration lips/cheeks/chest.

#### Why:

Gentle vibration at the throat, chest, and face can be soothing and may stimulate vagal pathways.



#### How (1–3 minutes):

1. Close the lips softly; jaw relaxed.
2. Inhale gently through the nose.
3. Hum on the exhale, steady and comfortable.
4. Notice the vibration in lips/nose/cheeks and the warmth in the chest.
5. Pause for one quiet breath; repeat.

**Options:** Hum a favorite tune; chant "mmm" or "om"; sing softly.

#### When:

Social anxiety, rumination, pre-conversation, evening wind-down.

#### Safety:

Skip if throat is irritated or after vocal strain.

Credit note: Informed by Polyvagal-inspired practices (Stephen W. Porges, PhD).

# 19. Gratitude Journaling

## What is Gratitude Journaling?

**Gratitude Journaling** is more than just a "positive thinking" exercise, it is a deliberate practice of **neuroplasticity**.

By consistently directing your attention toward what is working, you begin to weaken the "negativity bias" (the brain's tendency to focus on threats) and strengthen the neural pathways associated with the state of safety and contentment.



## How (60–90 seconds):

1. Be specific: Instead of writing "I am grateful for my family," get granular.
  - a. Write down 3-5 specific things from the last 24 hours.
  - b. **Example:** *"The way the steam looked rising off my coffee this morning" or "The specific sound of my partner's laugh during that show."*
2. As you write each item, close your eyes for 10 seconds. Try to remember the temperature, the colors, or the physical feeling of that moment. Notice if your chest softens or if your breathing slows down. This is the "somatic seal" of gratitude.
3. Research suggests that focusing on *why* you are grateful for something is more effective than just listing the item itself.
  - a. Use the sentence stem: *"I am grateful for [X] because [Y]."*
  - b. **Example:** *"I am grateful for my walk today because the fresh air helped my head feel clear for the first time all day."*

### When:

Journaling **before bed** can lower cortisol levels and prime the brain for restorative sleep. Journaling **upon waking** sets your "reticular activating system" (the brain's filter) to look for glimmers throughout the day.

## Gratitude Journal below:

A large, empty rectangular box with a thin green border, intended for writing a gratitude journal entry.



## 20. Affirmations:

Affirmations are not about "wishful thinking"; they are a form of **directed neuroplasticity**.

When we repeat a meaningful statement, we are consciously choosing to strengthen a specific neural pathway.

Over time, these pathways become the "default" setting for your internal dialogue, replacing the old, critical patterns that trigger stress.



### How

1. To make an affirmation "stick," you must engage both your mind and your body. If you simply repeat words you don't believe, your nervous system will reject them.
2. Choose an affirmation that feels like a "stretch" but not a lie.
  - a. EX: If **"I am powerful" feels impossible, try "I am learning to recognize my own strength."**
3. Place a hand on your heart or your belly. This physical touch releases oxytocin and signals to your brain that the words you are about to say are safe to receive.
4. Say the affirmation slowly. Notice how the words feel in your throat and mouth.
5. After saying it, pause. Does your body feel expansive (open) or contracted (tight)? If you feel tight, soften the wording until your body stays relaxed.
6. Repeat the phrase 3–5 times, coordinating it with your breath. *Inhale: "I am..." Exhale: "...here with myself."*

### When:

Journaling **before bed** can lower cortisol levels and prime the brain for restorative sleep. Journaling **upon waking** sets your "reticular activating system" (the brain's filter) to look for glimmers throughout the day.

# Here are some affirmations below:

## For Safety and Grounding

- I am safe in this body, in this moment, and in this breath.
- I am allowed to take up space and breathe deeply.
- My peace is a priority, and I have the right to protect it.
- I am anchored and steady, even when the world feels fast.

## For Self-Compassion and Worth:

- I am worthy of my kindness, especially when I make mistakes.
- I do not have to earn the right to exist or be loved.
- I am a supportive mentor to my younger self.
- I am more than my productivity and more than my past.

## For Growth and Resilience

- I am capable of navigating hard things with a soft heart.
- My sensitivity is a strength, not a burden.
- I am constantly evolving, and I trust the timing of my life.
- I have survived 100% of my hardest days; I can handle this one too.

## For Reclaiming Your Inner Child

- I am the compassionate adult that my younger self always needed.
- I honor the versions of me that did whatever was necessary to survive.
- My past informs my strength, but it no longer dictates my identity.
- I am breaking cycles of silence and replacing them with my own truth.

**Make your own affirmations below:**



# 21. Expressive writing:

When we suppress difficult emotions, the body stays in a state of high chronic stress.

Expressive writing acts as a release valve, moving fragmented, painful memories from the emotional centers of the brain into the logical centers, where they can finally be "archived."

For this to be effective, you must follow the specific parameters of the clinical study. This is not "journaling" about your day; it is a deep processing tool.



## How

1. Set a timer for 15 to 20 minutes. You must write continuously. If you run out of things to say, repeat what you have already written or draw lines, but do not stop the physical movement of the pen or the typing of keys until the timer goes off.
2. Write about a significant stressor or trauma that is currently weighing on you. Focus on something you have not talked about extensively with others or something you find yourself "looping" on mentally.
3. This is the most critical step. To change your nervous system, you cannot just list what happened. You must connect the event to your internal world.
  - a. **Use the "because" factor. Write: "This happened, and I felt [X] because I realized [Y]."**
  - b. Explore how the event has impacted your relationships, your view of yourself, or your vision of the future.

### When:

Entering new spaces, after a startle, waking at night.

Pennebaker's research suggests that the most profound immune and psychological benefits occur when this is done for **four consecutive days**.

**Begin your expressive writing here:**

A large, empty rectangular box with a thin green border, intended for expressive writing.





## Daily regulation schedule:

### The Morning:

*Focus: Priming the nervous system before the world "starts."*

- **The First Minute:** Before checking your phone, practice **The Physiological Sigh** (double inhale, long exhale) three times.
- **The Spiritual Anchor:** A short prayer or meditation. If you are short on time, even 5 minutes of sitting in silence and offering your day to a Higher Power creates a conscious foundation.
- **The Somatic Wake-up:** Splash cold water on your face or take a cold burst at the end of your shower. This "shocks" the vagus nerve into a high-functioning state.
- **The Intentional Fuel:** A high-protein breakfast. Avoiding a morning glucose spike (from cereals, pastries) prevents mid-morning anxiety and crashes.

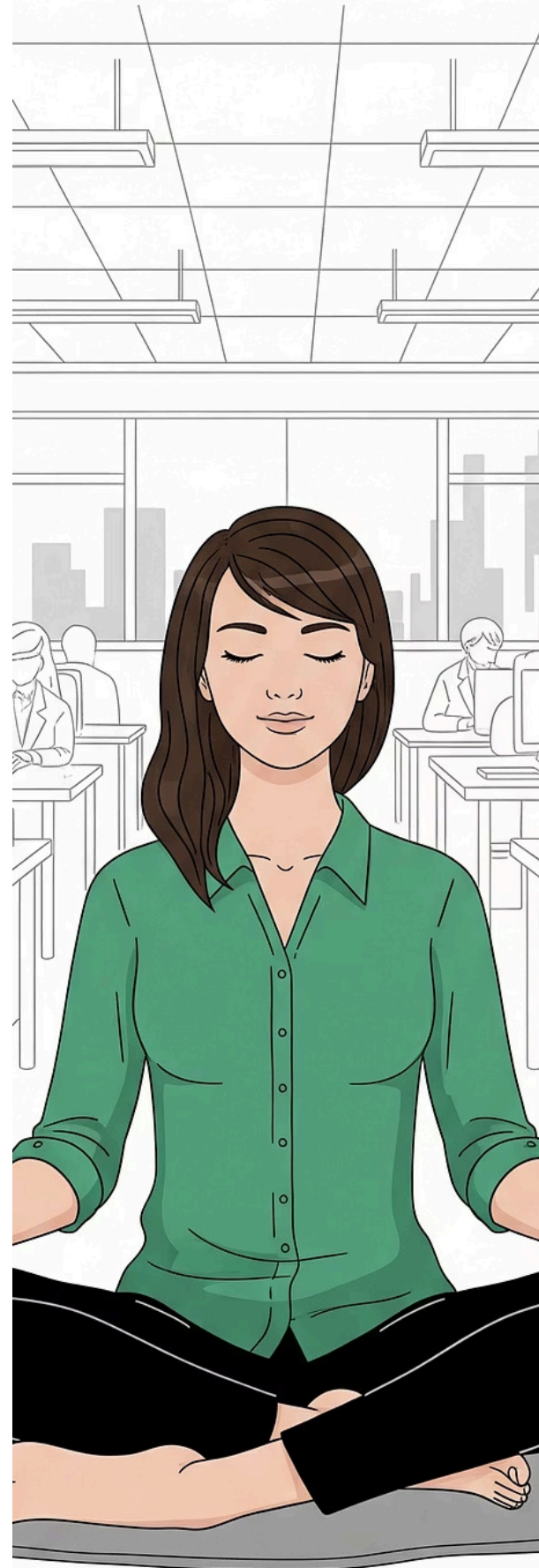
*Prime your morning below:*

# The Working Hours

*Focus: Maintaining "Vagal Tone" amidst the chaos of productivity.*

- **Micro-Breaks:** Every hour, take 60 seconds to "shake." Literally shake your arms and legs to release built-up tension (a natural animal instinct to discharge stress).
- **Peripheral Vision:** If you've been staring at a screen, look out a window and soften your gaze. Expanding your field of vision naturally lowers the "fight or flight" response.
- **Mindful Eating:** Regardless of when you have your lunch break, eat without distractions. This ensures your body is in "Rest and Digest" mode so you actually absorb the nutrients from your healthy meal.
- **Vagal Toning on the Go:** Practice **Humming** or **Resonance Breathing** while commuting or during repetitive tasks.

*Prime your working hours below:*





## Phase 3: The Integration (Workout & Journaling)

*Focus: Processing the energy of the day.*

- **The Conscious Workout:** Fit this in whenever your energy allows. If you are exhausted, choose "Nourishing" movement (Yoga/Walking). If you have pent-up frustration, choose "Expressive" movement (Weights/HIIT).
- **The Brain Dump:** If you can't journal at a desk, use voice notes or a quick list on your phone. Record:
  - One thing that "triggered" you (and why).
  - One win for your intentionality.
  - A prayer of gratitude for the day's lessons.

*Prime your evening below:*



## Phase 4: The Evening Wind-Down

*Focus: Signalling "Safety" to the body so it can repair.*

- **The Digital Sunset:** Switch your phone to "Grayscale" or put it away at least an hour before bed. Blue light keeps the nervous system in an "alert" state.
- **Somatic Release:** Spend 5 minutes on the floor. Stretching or "Legs Up The Wall" helps blood flow back to the heart and lowers the heart rate.
- **The Final Prayer:** Close the day by releasing control. Pray and give thanks. Remember that no matter how much work you do, it is God that will make this work profound and lasting in your life. Ultimately all healing comes from God. This is the ultimate act of healing, trusting that you don't have to carry the world's weight.

*Plan your night-time routine below:*

# Final Tips for Your Practice

## How long should these exercises take?

In the beginning, give yourself **5–10 minutes** of quiet space for each practice. If you are new to "tuning in" to your body, your nervous system might need a moment to trust that it is safe to be noticed.

As you develop "vagal flexibility," these tools will become instinctive. You will find that a simple **Physiological Sigh** or a quick **Jaw Release** can reset your system in seconds, even in the middle of a busy day. Eventually, you won't need to look at the steps at all, your body will simply signal which "tool" it needs to return to balance.

## How do I know if I'm doing this "right"?

The most important thing to remember is that **there is no right or wrong way to heal**. Because these practices are likely different from your "norm," they might feel strange, silly, or even awkward at first. That is perfectly okay.

If you have been a master at "bottling things up" for years, your body may be hesitant to let its guard down.

The key is to stay **curious** rather than critical. Your nervous system isn't something to be "fixed" it is a part of you that wants to return to its natural state of flow.

## What if I feel uncomfortable sensations, intense emotions, or difficult memories?

When we stop "doing" and start "sensing," old, trapped energy often surfaces. You might feel a sudden wave of sadness, a physical ache, or a memory you haven't thought of in years.

Instead of pushing these away, try to **befriend them**. We call these "unpleasant qualities" rather than "bad feelings." They are simply sensations that never got a fair chance to be processed.

**Note:** Avoid the urge to take "forced" deep breaths to make the feeling go away. This can accidentally suppress the emotion further. Instead, keep your breath natural.

Simply stay present with the sensation and say to yourself, *"I see you, and I am here."* Pain is often just a sensation that is ready to be released.



## This seems too simple to actually work.

You're right, it *is* simple. We are often taught that healing must be difficult, complicated, or expensive. But your body is a part of nature, and nature is designed to heal itself without outside interference when given the right conditions.

We humans have a habit of over-complicating our inner lives, which moves us away from our natural rhythm. These tools aren't "tricks"; they are a way of taking your nervous system **back to basics**. By stripping away the noise, you allow your body to do what it was always designed to do: return to peace.



# WAYS TO WORK WITH ME:

## Heart Soul Healing 2.0

**Heart-Soul Healing 2.0** is a 12-week immersive, live group healing & mentorship program. And, I teach **women how** to rewire the nervous system to heal the **roots** of **childhood**, and **generational trauma**, to find inner **peace**, and **safety**.

It is designed to provide you an deep-integrative approach to healing childhood trauma. An approach that uses a combination of 8 modalities proven to heal trauma emotionally, physically and mentally.

It combines **Somatic Experiencing, PolyVagal Theory, Compassionate Inquiry**, trauma-informed **Inner Child Work, EFT, Somatic Work, Family Constellations, Nervous System Regulation** and more to heal emotional and physical trauma.

**CLICK HERE TO LEARN MORE AND APPLY:**

<https://www.emmylouseaman.com/heartsoulhealing2-0>

With over 30 hours of high-impact content, the program is meticulously structured to prevent overwhelm. Modules are drip-released once per week, giving your nervous system the necessary space to process and integrate the material before moving deeper.

You aren't just given a list of tools; you receive a clear, customizable roadmap with specific guidelines on which practices to use and when, allowing you to build a daily routine that fits your actual life.

The community aspect of this 12-week journey is unparalleled. You are supported by a 1:1 accountability partner, an Assistant Coach, and my own direct messaging support. Between our **12 Live Emotional Healing sessions** and our dedicated **Sisterhood Calls**, you are held in a container that values connection as a primary tool for healing.

We don't just offer a course; we offer a transformation supported by the collective power of women who truly understand your journey.



# HOW DOES THIS PROGRAM WORK:

There are 12 modules, pre-recorded, which you can work through at your own pace. The outline is as follows:

**MODULE 1:** Introduction:

Understanding Childhood Trauma, and the impacts.

**MODULE 2:** Understanding the Nervous System, Window of Tolerance and the 4 Trauma Responses.

**MODULE 3:** Polyvagal Theory, Mapping Your Nervous System and Vagal Toning Practices

**MODULE 4:** Emotions 101, **Language of the body, understanding the** Feelings wheel, perceptions + Map of consciousness

**MODULE 5:** Identifying and rewiring unhealthy beliefs and vows, the unconscious and conscious mind.

**MODULE 6:** Navigating Triggers, Emotional Regulation and Setting Healthy Boundaries.

**Module 7: Inner Child, Attachment, and Needs.** Developmental, relational trauma. Attachment Trauma + Styles.

**Module 8: Generational Trauma, Unconscious Loyalties + Childhood Trauma.** Mother and Father wound. Recognizing unconscious themes

**Module 9: Coping Mechanisms,** sub-personalities and Part works.

**Module 10: Unlocking the Power of Body and Nervous System.** Somatic awareness, movement + trauma Release.

**Module 11: Reconnecting to True Self.** The higher, spiritual and authentic self. Self-love, Self-confidence and Self-acceptance.

**Module 12: Integration and Completion.** Everyday healing and path forward.

*Modules are drip-released once per week, giving your nervous system the necessary space to process and integrate the material before moving deeper. You aren't just given a list of tools; you receive a clear, customizable roadmap with specific guidelines on which practices to use and when, allowing you to build a daily routine that fits your actual life.*



# Here's what you're getting inside Heart-Soul Healing 2.0

- **12 Core Modules:** High-definition pre-recorded video and audio modules hosted in Kajabi with lifetime access, allowing you to move through the foundational science and spirit of the work at your own pace.
  - **The Resource Library:** Over 30+ comprehensive workbooks, somatic guides, and integration exercises. You will receive specific tools for nervous system regulation, self-soothing practices, meditations, hypnosis, and EFT processes.
  - **Live Support:** 12 weekly **Live 90-minute Emotional Healing Sessions** including deep-dive Q&A with Emmy to process the material in real-time.
  - **The Opportunity:** A chance to win a private **1:1 Session with Emmy** (Value \$500) to accelerate your personal breakthroughs.
  - **The Sisterhood Connection:** 3 dedicated Live Sisterhood Calls to foster informal connection and community healing, alongside a **1:1 Accountability Partner** to ensure you stay supported throughout the journey.
  - **High-Touch Mentorship:** You are never alone in this process. You will have **14 weeks of personal messaging support** (12 weeks during the program + 2 bonus weeks post-program), supported by both Emmy and Emily, Assistant Coach.
  - **Exclusive Bonus:** Access to **"Heal Your Wounded Inner-Child,"** a self-led course (Value \$222) designed to specifically target and mend childhood imprints.
- ▼ much more.

**CLICK HERE TO LEARN MORE AND APPLY:**

**<https://www.emmylouseaman.com/heartsoulhealing2-0>**



# WHAT CLIENTS SAY ABOUT MY WORK:

## MADDIE

Heart-Soul Healing mentorship is significantly more helpful than CBT, which is mainly I had been "treated" with by other therapists. Now that I have completed the program, I can definitely tell that my anxiety and depression have improved significantly. I have a much better understanding of my triggers, coping mechanisms, and my previous unhealthy ways of thinking, and because of this, I can now implement alternative and healthier ways to process my emotions and feelings.



## ALEX

This program was worth every penny. I've spent more money on therapy and counselling that never provided the clarity this program did. My biggest takeaway is that I am entirely in control of how I respond to situations in my everyday life and that my past doesn't hold me back unless I let it. Emmy was incredibly supportive and quick to respond to anything I asked or needed guidance with, and the approach she uses is broad.



## VIKTORIA

I can't compare this program to any other I've done because this is the best for trauma, for sure. Before the program, I was anxious, disconnected from myself, and in over 3 months, I felt like a new person. I even saw how other women who were closed at first started opening up. She is the best person I've ever met to work with trauma. DO HSH with Emmy, I recommend it 100%.



## MAKYLEE

I've done EMDR and other forms of therapy & always felt I needed more. Emmy helped me discover a lot within and things surfaced that I never pieced together. For the first time, it feels like things are going in the right direction in my body, mind as I continue to heal. Emmy has been the best to work with. If you're considering working with Emmy, I recommend working with Emmy a 100 percent!





# Emmylou Seaman

## Professional Biography:

Emmylou Seaman is a trauma-trained practitioner and nervous system expert with a background in Sociology and Psychology. She is trained in Compassionate Inquiry, Polyvagal Theory, The Journey, Emotional Freedom Tapping, Yoga, Inner Child Work, and Internal Family Constellation, currently training in Somatic Experiencing, Somatic Parts Work, Nervous System.

Beyond her professional expertise, she is a human who has personally navigated traumatic experiences, including sexual abuse, violence, bullying, and much more.

She has supported over 2,500 people globally through masterminds and workshops in Dubai and beyond. Her work transcends textbooks, the profound depth of her practice comes from her own lived experience, having navigated years of silent trauma to reach her own breakthroughs.

While her formal credentials provide the framework, she believes her deepest qualifications come from surviving the fire herself. She bridges the gap between biological precision and raw empathy to guide others back to safety.

# Disclaimer

## **NO MEDICAL ADVICE, DIAGNOSIS, OR TREATMENT**

Even though Emmylou Seaman is a trauma-trained practitioner and nervous system expert, she is not offering clinical therapy, medical diagnosis, or psychological treatment through this informational content or any of its Offerings, Information, Products, and/or Services.

## **THIS EDUCATIONAL INFORMATION IS NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS, TREATMENT, OR PREVENTION, OR FOR A PROFESSIONAL THERAPEUTIC RELATIONSHIP.**

You agree to use your own due diligence and judgment before applying any advice or recommendations made within this educational content.

You acknowledge that you take full responsibility for your health, life, and wellbeing, as well as the health, lives, and wellbeing of any dependents.

To learn more about me, the programs we offer and our immersive membership community, visit our website. There, you can explore the transformative journeys of our graduates and witness the profound breakthroughs of those who have reclaimed their lives through this work.

Join our global community by signing up for our newsletter. Stay at the forefront of nervous system science with exclusive updates, deep-dive insights, and our latest healing offerings.

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