

NERVOUS SYSTEM RESET: UNLOCK YOUR INNER POTENTIAL



Are you feeling overwhelmed, stressed, or disconnected from your body's natural rhythms?

It's time to discover the power of a Nervous System Reset. Your nervous system plays a crucial role in regulating bodily functions, from breathing and heart rate to digestion and immune response. It serves as the communication network between your brain and the rest of your body, allowing you to perceive and respond to the world around you. When your nervous system is in balance, you experience greater resilience, vitality, and a sense of well-being. In this freebie, we'll explore the importance of the nervous system and introduce simple yet effective exercises to support its reset and rejuvenation.

The nervous system acts as the control center of your body. It's responsible for everything from your heartbeat to digestion and even the way you feel. One part of it, the autonomic nervous system, is extremely important when it comes to your emotional wellbeing. It can be divided into two main parts: the sympathetic nervous system and the parasympathetic nervous system, both of which utilize hormones to help prepare us for what our brain perceives as our needs.

More specifically, when the brain perceives a threat, it turns on the sympathetic nervous system, aka our "fight or flight" response. The symptoms you feel—racing heart, sweaty palms, is the body's way of preparing you for a stressful situation. The parasympathetic system, on the other hand, kicks in when our brain thinks it's a good time to recover, helping our body to calm down and recover.

Balance is key. Imagine the autonomic nervous system as a body of water with each side sending waves from the opposing shores. When the autonomic nervous system is balanced, both sides send waves of hormones in equal measure that diffuse each other and help us to feel in control. If the sympathetic nervous system pushes too many stress hormones we become anxious. If the parasympathetic nervous system pushes too many relaxation hormones we can feel muted and apathetic.

Our larger nervous system is important because it keeps nearly every aspect of your body working efficiently, but the autonomic nervous system within it is critical to our emotional health. When you encounter a stressful situation, your sympathetic nervous system helps you react appropriately by helping you spring into action. When it's time to recover, your parasympathetic nervous system

helps you take a step back and relax. When you maintain a balance between the sympathetic and parasympathetic systems, your body is better equipped to respond appropriately to different situations, leading to better physical and mental health.

Remember, your mind is so powerful and can help guide your body to new heights, however (and this is in my case particularly with my health) your body keeps score and tucks emotions, beliefs and trauma within it deeply.

Here Are a Few Exercises to Try!

Benefits:

- Reduce stress and anxiety
- Improve sleep quality
- Enhance emotional regulation
- Boost overall well-being and vitality
- Boost immune system and regulates health

- ☐ EFT (Emotional Freedom Technique) helps to tap on meridian points in your body that store emotions you wish to release. Here is a YT account that has videos for anything you are desiring!
<https://youtube.com/@tapwithbrad?si=jLwTE5RmmYb2d9nX>
- ☐ Fascia Release. Your fascia encapsulates all your blood vessels, nerves, muscles and stores trauma (big T or small T) Try this 15 min reset: https://youtu.be/wzef2nA9anw?si=03_s7tplWqOdx5RP
- ☐ Somatic healing, another way to get the body out of fight and flight mode and step into peace
https://youtu.be/UQN2a03bW_Y?si=isnc65Mwvwi3sRs
- ☐ Kundalini Yoga, a type of yoga that is purely about moving unwanted energies up and out of your body. Here is a favourite Kriya of mine that taps your into your TRUE SELF and aligns the chakras that represent money, passion and self worth: https://youtu.be/ZmpMR21qcOE?si=B4rbF_QtxS-8JpDY
- ☐ Vagus Nerve Stretch: this is an awesome nervous system reset. I use it as my GO TO when I feel disconnected from my truth and am living in flight, fight, or

freeze. <https://youtu.be/TONw4nCjb84?si=dNX93kRZLY9ROmIJ>

☐ And don't forget, a good old fashioned meditation does the body wonders!

<https://open.spotify.com/episode/28SMVmvikV5fpzOHORJfgk?si=9WfKhSDHTxSgpzOxdN6Sew>

Sending love to you! ❤️

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