

5 Key Resources for Your Nervous System

A Step by Step Guide



Cultivating resources for your nervous system can enable growth, particularly in areas that may present as challenging.

Life is different for each of us. We all have strengths and weaknesses in unique areas. So this means that your journey to health is also very unique. One that is about listening and adapting to your needs.

I suggest printing this guideline so you can have it handy to support you and your process.

It certainly does wonders to help and assist the nervous system when applied and engaged.

Please feel free to reach out and contact me with any questions or support.

5 Key Resources for Your Nervous System

Key 1: Check In

- Snapshot SET (Sensations, Emotions and Thoughts).
- How's my nervous system?
- What do you notice?
- Do you feel Safe?
- Is there energy loss, numbness, out of body, shock, shut down, disorientation?
- How's the breath, heartbeat, stomach & jaw?

Step 2: Finding Inner Resources

- Return to breathing.
- Let the breath be.
- Breathing fast/slow/warm/cool?
- Mouth or nasal breathing?
- Notice...
- Gravity
- Bodyweight.
- Posture

Step 3: Body Scan

- Close your eyes
- Feel & listen
- Find your feet and listen to the earth
- Connect to gravity
- Is there support? Notice... what feels like safety to you?
- Listen, become aware of your spinal column
- Notice the breath and the jaw.
- Listen deeply with the body.
- What do you notice? Any changes? Any difference?

Step 4: External Resources

- Slowly... look around
- Take things in
- Let your eyes rest on something you like
- Appreciate the qualities, colours, shapes and textures
- Continue looking around, up, down, behind and in front.
- Find something else you like
- Appreciate its qualities, notice the response in the body, listen
- Do this until the heart rate & breathing shifts

Step 5: External Resources #2

- Pattern interrupt – (create a positive distraction)
- Create new neural pathways.
- Mix things up. Get creative. Move your body (dance)
- Change the tempo of your breath (breathwork)
- Find safe, inspiring, life affirming, nourishing places to be in, ideally nature.
- Once rebalanced perhaps revisit the cause of overwhelm
- Has a solution evolved on its own?
- Is there a new path available?

Further Resources

(for addressing back pain and loss of mobility)

Graded Exposure to Pain caused by Movement

<http://www.bettermovement.org/blog/2014/graded-exposure>

Separating Fact from Fiction with Back pain

<https://www.youtube.com/watch?v=dISQLUE4brQ>

Changing the way we think about back pain

<https://www.youtube.com/watch?v=5bCzajs5VZk>

Animation on Adverse Childhood Experiences

<https://acestoohigh.com/2017/05/01/england-and-wales-produce-new-animation-about-aces-resilience/>

Science Behind Why Things Hurt - Lorimer Mosely

<https://www.youtube.com/watch?v=gwd-wLdIHjs>

Challenging Traditional Concepts around Back Pain

https://www.youtube.com/watch?v=YezBG_NdLgs