

Calmaté

you are your nervous system



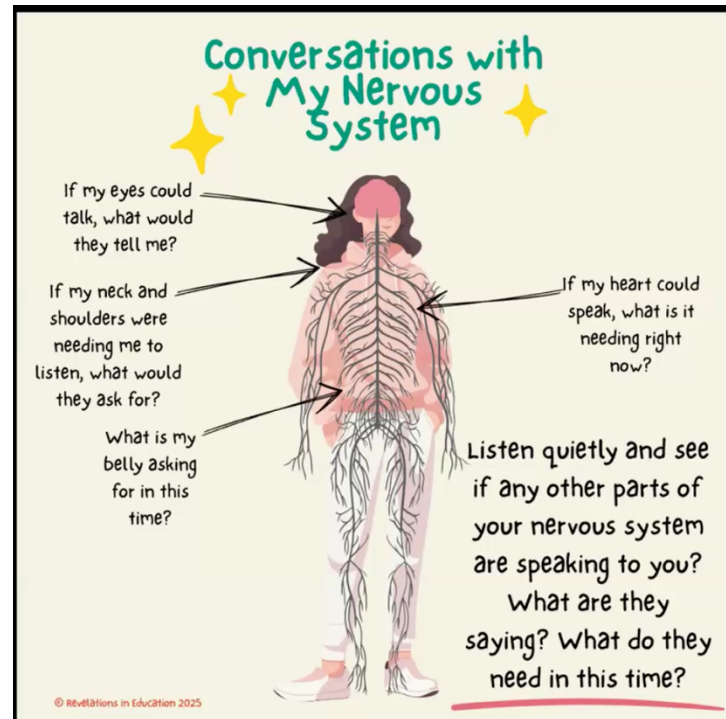
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Is it possible to rewire my nervous system?



I am here to release _____ to make space for _____.

Tools:

Integrate emotional regulation to connect with your nervous system:

Notice your body sensation, start with your shoulders and neck, breathe in and release, breathe out with ease. Continue doing this for a few breaths, three or four times, breathing in and breathing out, breathe in and release, breathe out with ease. Keep doing this and travel up your neck, jaw, and forehead, breathe in and release, breathe out with ease. Continue doing this for a few breaths, three or four times, breathing in and breathing out, breathe in and release, breathe out with ease. Go inward, relax your eyes your tongue, your throat, and diaphragm, breathe in and release, breathe out with ease. Continue doing this for a few breaths, three or four times,

breathing in and breathing out, breathe in and release, breathe out with ease.

Tools for co-existence:

Soften your eyes or gently close your eyes. Create an image or write down a word that you want to share with someone who you miss or appreciate or both. As think of them, breathe deeply in and exhale slowly. Dedicate this night's experience to them, so they too can be safe and calm. They deserve to calm their nervous system; they deserve to do better like you. You deserve to calmly connect with these types of thoughts inside your body.

Trigger-Body Sensation-Thought-Reaction

Noticing/Awareness

Is this pattern old?

Is it automatic?

Does it match the present situation?

Connect the story to your body

Trigger-Body-Sensation-Thought (change)- Response (change)

Rewrite your nervous system (15-20 minutes)

Regulation & Empowerment

Body-breathing connection

Movement-breathing connection

Breathing-thought connection

Breathing-stillness connection

Breathing-body sensation connection

Body Anchors:

Hand over heart, over belly

Slow breathing, in... out...

Grounding feet

Soften face, eyes, neck

Reflect:

What surprised you about your nervous system

What patterns felt familiar

Where do you feel you have choice or flexibility?

Your nervous system is not broken; it is adaptive and with awareness you can begin to reshape its story.

Calming Menu

My superpower: Hold a superpower balancing pose for 30 seconds and breathe in and out slowly. You can balance on one foot, wall sit, balance on toes. Want more? Raise your arms over head while balancing. Bored? Close your eyes. Don't forget to breathe.

The Shape of Calm: Draw a shape on a piece of paper. As you breathe slowly in and out, continue tracing that shape without lifting your pencil until you begin to feel like you are slowing down. Hands are steady, arm is moving slowly, your breath is in sych.

Hug yourself! With one hand under the opposite arm and the other other hand on the opposite shoulder, breathe deeply and squeeze gently, giving your upper body the steady pressure with each deep

inhale and then release the squeeze on the exhale. Switch sides and repeat.

Ice cube sensation: Place an ice cube in your mouth for one minute and feel the sensation in different areas as it begins to melt. What did you notice? How did it feel?

Slow it down... How many long, slow breaths are you taking in 30 seconds? The lower the number, the more powerful the breath. Try four breaths in 30 seconds and then eight breaths in 60 seconds. See if you can reduce your count of breaths by one or two.

Hand massage: Use your favorite lotion or massage oil and give your hands and wrists, include one finger at a time, from the base to the fingertips. Massage your palms, joints, and feel any sensation that feels stiff or tense. Give it more love and breathe in and out and release this tension.