



 **HEALthy Change 4 Life**
— Giving Back Quality of Life —

Nervous System WELLNESS

CALM YOUR MIND. SUPPORT YOUR BODY. LIVE IN BALANCE.

Your nervous system controls and coordinates everything you do—from thinking and feeling to movement and healing. Supporting it daily helps you manage stress, think clearly, sleep better, and enjoy a higher quality of life.



WESTERN WELLNESS PERSPECTIVE

Western medicine recognizes the nervous system as the body's communication network, responsible for sensory, motor, and cognitive function.

- ✔ Supports brain function and mental clarity
- ✔ Regulates mood and emotions
- ✔ Controls movement and coordination
- ✔ Supports stress response
- ✔ Aids in memory and learning
- ✔ Regulates heart rate and digestion
- ✔ Supports overall body communication



Chronic stress, poor sleep, inflammation, poor nutrition, and toxin exposure can negatively impact nervous system health.



EASTERN WELLNESS PERSPECTIVE

In Traditional Chinese Medicine (TCM), the nervous system is connected to the Heart, Liver, and Kidney and is influenced by the flow of Qi (energy).

A balanced nervous system supports:

- ✔ Calmness of the mind (Shen)
- ✔ Emotional balance and resilience
- ✔ Healthy response to stress
- ✔ Clear thinking and memory
- ✔ Good sleep and deep rest
- ✔ Harmony of body, mind, and spirit



TCM encourages practices that nourish Yin, calm the mind, and support the free flow of Qi to restore balance and inner peace.



FAITH PERSPECTIVE

God has not given us a spirit of fear, but of power, and of love, and of a sound mind.



"For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind."

2 Timothy 1:7 (KJV)

Peace comes when we place our worries in His hands and trust Him with every thought and every day.



WELLNESS TIPS



Manage stress daily.



Prioritize 7–9 hours of quality sleep.



Move your body regularly.



Eat nutrient-dense foods.



Practice deep breathing or relaxation techniques.



Spend time in prayer, meditation, or quiet time.



Limit caffeine, sugar, and screen time.



FOODS THAT SUPPORT NERVOUS SYSTEM HEALTH

BRAIN-BOOSTING FOODS

- Fatty fish (salmon, sardines)
- Blueberries
- Walnuts
- Flaxseeds
- Leafy greens
- Eggs



NERVOUS SYSTEM NUTRIENTS

- Magnesium (nuts, seeds, dark greens)
- B Vitamins (whole grains, eggs, legumes)
- Omega-3s (fish, chia, flax)
- Antioxidants (berries, colorful vegetables)



CALMING & SOOTHING FOODS

- Chamomile tea
- Oatmeal
- Bananas
- Sweet potatoes
- Dark chocolate (in moderation)



✔ Choose whole, natural foods that nourish your brain and body.



EDUCATIONAL SOURCES

NERVOUS SYSTEM OVERVIEW

- Cleveland Clinic – Nervous System
<https://my.clevelandclinic.org/health/body/21234-nervous-system>
- Mayo Clinic – Nervous System Disorders
<https://www.mayoclinic.org/diseases-conditions/nervous-system-disorders>

BRAIN & MENTAL HEALTH

- National Institute of Neurological Disorders and Stroke (NINDS)
<https://www.ninds.nih.gov>
- National Institute of Mental Health (NIMH)
<https://www.nimh.nih.gov>

LIFESTYLE & NUTRITION

- Harvard T.H. Chan School of Public Health – Brain Health
<https://www.hsph.harvard.edu/brain-health/>
- Academy of Nutrition and Dietetics
<https://www.eatright.org>

RESEARCH

- National Institutes of Health (NIH)
<https://www.nih.gov>
- PubMed
<https://pubmed.ncbi.nlm.nih.gov>



THRIVE & SHINE THURSDAY

Watch this short educational discussion exploring the nervous system, stress management, and natural ways to support mental and emotional wellness.



Watch on YouTube
Thrive & Shine Thursday



WELLNESS GUIDE

View or download the companion wellness guide for practical tips, recipes, and daily habit trackers.



VIEW GUIDE (PDF)



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*Peace in your mind.
Strength in your body.
Purpose in your life.*



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