



When the body feels safe it softens. When it softens it heals.

# Stress, Anxiety & Nervous System Overload

Gentle support to help your system reset and regulate

### Feeling overwhelmed, tense or constantly on edge?

- Persistent stress
- Anxiety or racing thoughts
- Burnout and exhaustion
- Difficulty sleeping
- Emotional overwhelm
- Feeling stuck in fight-or-flight



When stress becomes ongoing, the nervous system can remain in a heightened protective state. Over time, this can affect sleep, mood, digestion, pain levels and overall wellbeing.

Craniosacral Therapy works gently with the nervous system and fascia to support regulation and release stored tension.

### Using light, skilled touch, sessions can help to:

- Calm an overactive stress response
- Release held physical and emotional tension
- Improve sleep and relaxation
- Restore a sense of safety and grounding

This is not about talking through stress or pushing the body to change. It is about creating conditions where your system can slow down, settle and rebalance naturally. When the nervous system feels safe, the body can begin to soften.



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## About Loraine

I am a Registered Craniosacral Therapist with a particular interest in chronic pain, nervous system regulation and supporting the body through life's transitions, including pregnancy and later years.

My work is grounded in an understanding of fascia and the way the nervous system shapes patterns of tension, pain and stress. I take a gentle, attentive approach, allowing the body the time and space it needs to settle and reorganise.

Sessions are calm and unhurried and tailored to your individual needs. My aim is not to force change, but to create the conditions in which your body can soften, regulate and restore balance.

## What to Expect

- Sessions are either 60 or 90 minutes and a full case history is taken during your first visit. You remain fully clothed and lie comfortably on a treatment couch.
- Touch is light, subtle and always respectful. Treatment can be given off the body if this is preferred.
- Time is allowed at the beginning to discuss your needs and at the end to integrate the treatment

## Why Nervous System Regulation Matters

When the nervous system remains in a protective state, the body may hold tension, pain or overwhelm.

Supporting regulation allows tissues to soften, breathing to deepen and healing processes to function more effectively.



*Gentle Craniosacral Therapy supporting nervous system regulation and lasting wellbeing*

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