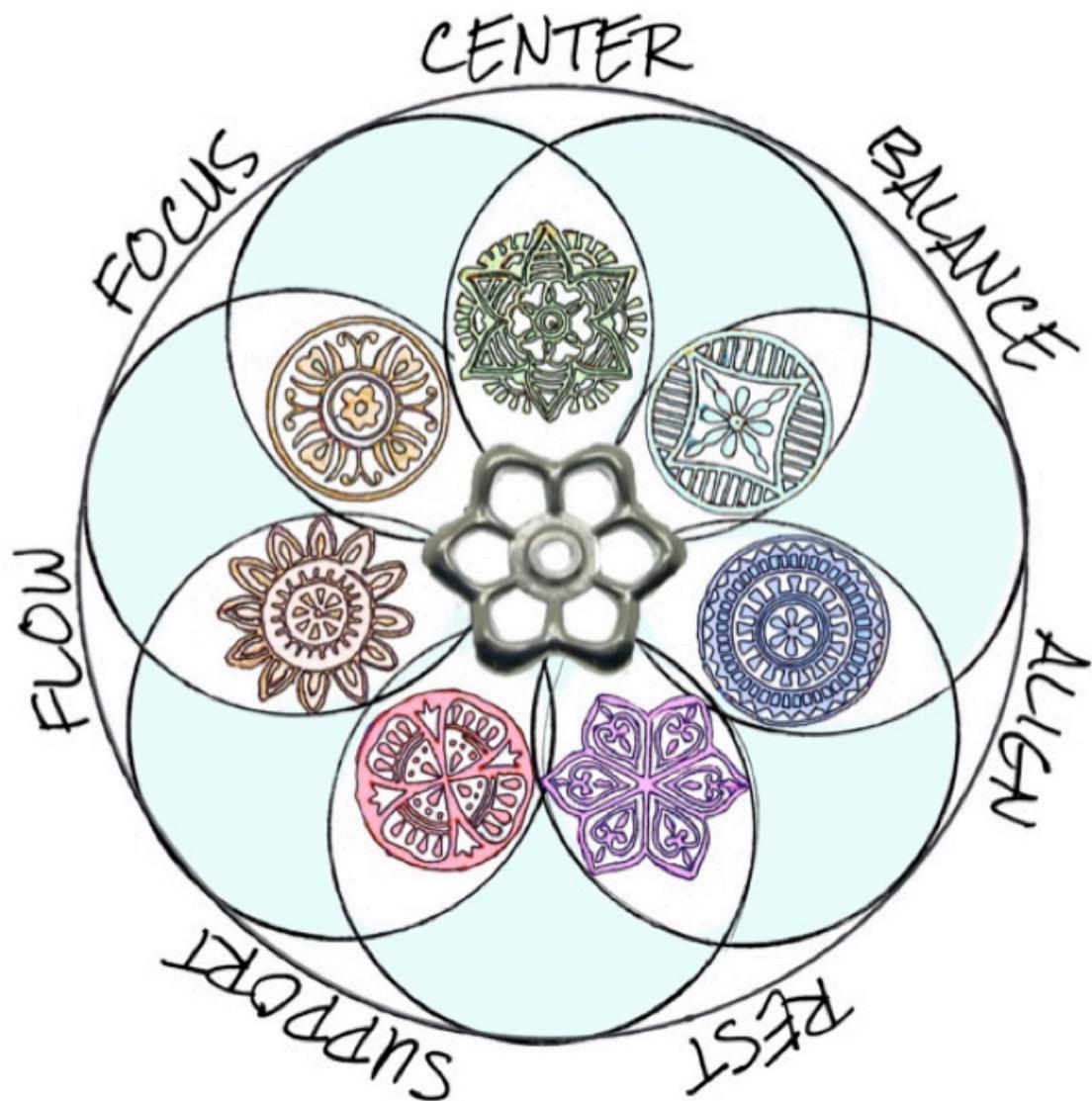


# A NURTURED LIFE

## Nervous System First Aid & Survival Kits



Nervous System Recovery Wheel

# NERVOUS SYSTEM RECOVERY

## Coaching, First Aid & Survival Kits

If the language of your nervous system remains a mystery to you, this fact will continue to impact your life in hidden ways - for better or for worse - each day, for the rest of your life.

The good news is that our nervous system can become our greatest ally when things get tough :]

Both our reactions & decisions are determined by our central nervous system. Our 5 senses send signals up the spine to our brain to adjust levels of serotonin & oxytocin (agents of calm) & cortisol (stress hormone) which turns survival mode on or off, depending on what our senses have to say about our level of safety.

**Nervous System First Aid & Survival Kits** put nervous system sensory products in your hands to get your physiology working for you, not against you. Scan our product demo QR code to learn more or subscribe for a DIY Nervous System First Aid kit video guide to use or share with the people you care about.



**PUT NERVOUS SYSTEM SUPPORT WHERE ITS NEEDED MOST**  
with 4 hands on Nervous System First Recovery Kit Sizes - Starter, Pocket, Home & Road Survival Tool Kits.

*Sheaagh King*

Certified Nervous System Recovery Coach & Trainer  
A Nurtured Life

# NERVOUS SYSTEM CALM - HOME KIT

## Soothing Sensory Products for the 5 Senses

This case - designed by the Metropolitan Museum of Art - is your portal to connect into the natural elements so that no matter where you are, you can settle your senses & shift into a calm, confident state when you need it most.\*

In the few minutes it takes to bring our senses online with these products, the parasympathetic branch of our nervous system settles our body-mind state so better decisions & deliberate actions become more possible.

### NERVOUS SYSTEM RECOVERY PRODUCTS USER GUIDE

**START FRESH - 80 No Mess Hypoallergenic Soap leaves in Travel Tin**  
Slow, mindful handwashing anchors us into our natural 'rest & digest' state.

**SOUND OF SAFETY - Ethical Palo Santo Wooden Matchsticks**

Take in. Our DNA holds the history of our species, so the reassuring sound of a match strike shifts us out of survival mode into the felt sense of warmth & safety.

**COMFORTING SIGHT - Handcrafted Beeswax Candle**

Rest the gaze on the primal comfort of flame & be reminded age-old sacred rituals for winding down into an observant, restful state.

# NERVOUS SYSTEM CALM - HOME KIT

## Soothing Sensory Products for the 5 Senses

### TOUCH - Botanical Pain/Tension Balm & Massage Wand

Supportive self-massage provides safety for our nervous system.

According to Neuroscientist Stephen Porges, 'Safety is not the absence of threat, but the presence of connection'. Skin to skin contact (even through self-massage) slows heart rate, lowers blood pressure & gives largest sensory organ evidence that someone is there & someone cares.\*\*

### SCENT - Steady Spritz in Eco Atomizer

Draw on the settling power of herbal, tree & fruit essences with lavender, cypress & sweet orange. The power of these essential oils to regulate both hormone levels, blood biochemistry means a shift in mood,, making an alert, relaxed state more possible.\*\*\*

### TASTE - Caffeine-Free Rooibos Chai Tea with Cinnamon Bark

Regulate & comfort with an ancient tea ritual of warm spice & rooibos to reduce cortisol (stress hormone). A few sips with a nibble of a cinnamon brings more ease & counteracts cravings of harmful habits.

### Sources

\*Interaction with natural elements shift levels of neurochemicals like serotonin, oxytocin (for relaxation) & our cortisol (stress) levels in our favour, restoring a more relaxed, alert state. Source: US National Library of Medicine & University of Toronto, Canada

\*\*Neuroscientist Stephen Porges, author of *The Polyvagal Theory*, from *The Neuroscience of Change training through Coaches Rising*

\*\*\**The International Journal of Molecular Sciences* (also supported by a host of additional research studies)