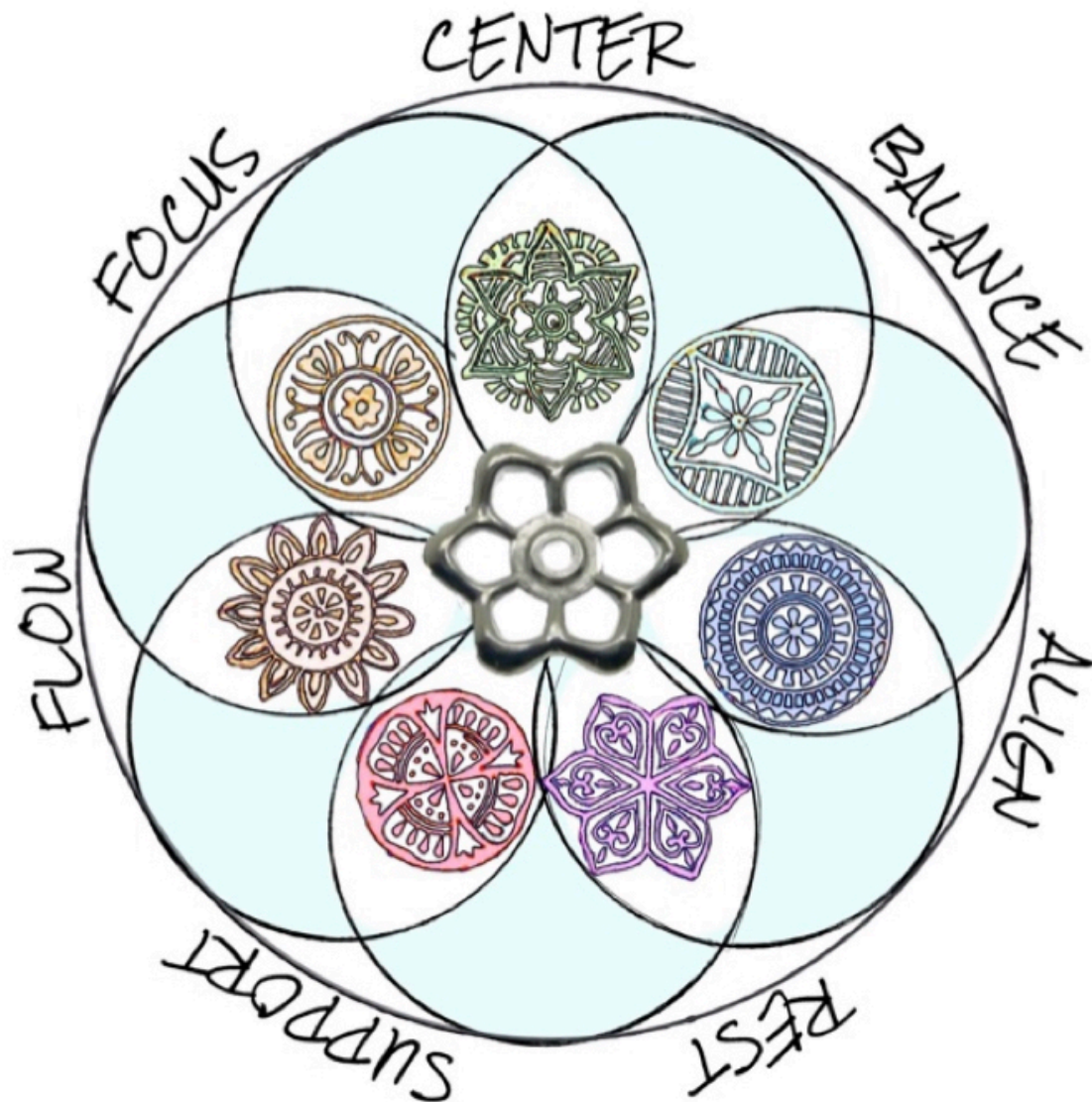


# A NURTURED LIFE

## 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.

*Shealagh King*

Certified Nervous System Recovery Coach & Trainer  
A Nurtured Life

# NERVOUS SYSTEM ROAD SURVIVAL KIT

## Products for Calm & Confidence on the Road

This waxed canvas tool kit has the support you need when things don't go to plan. No matter where you are, shift into a calm, relaxed state with products that keep you & your people more safe & comfortable when you need it most.\*

In the few minutes it takes to get hands on with these products, the parasympathetic branch of our nervous system settles our state of mind, so more deliberate decisions & actions become possible - even when things aren't great.

### NERVOUS SYSTEM RECOVERY PRODUCTS USER GUIDE

STAY HYGIENIC with 80 No Mess Soap Leaves in Travel Tin when things get messy clean up & reduce cortisol (stress) on the spot..

WARMTH & LIGHT with Ethical Palo Santo Wooden Matchsticks , a 36 Hour Beeswax Candle & a Waxed Cone Fire Starter. Burn that candle or get a fire started. The reassuring sound of that match strike & the flare of the flame shifts us out of survival mode into a more relaxed, alert state\*.

PROVIDE COMFORT with Botanical Pain & Tension Balm, Merino Wool Socks & Hand / Foot Warmers. Ease discomfort as you apply this botanical miracle. Instantly slow heart rate & lower blood pressure through caring touch, plus the protection of an extra layer of wool socks, & the deep heat of hand & foot warmers.

*\*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*

# NERVOUS SYSTEM RECOVERY COACHING

## Your Nervous System Recovery Coach

You might need support as your nervous system recovers from the hard situations or chronic conditions you've been dealing with. My 30 years has shown me that the right kind of support at the right time can ease the burden of whatever you've been carrying or doing all on your own.

If you've met grief, overwhelm, shut down, harmful habits or ptsd along your path, reach out your hand & make the call for support - to me or another trusted source of support.



Shealagh King  
Nervous System Recovery Coach

Shealagh guides you into a more fruitful relationship with their nervous system, so your physiology starts working for you, not against you.

Shealagh's warm, hands on approach to inviting the 5 senses into session calls your deeper wisdom forward & supports you to tend your nervous system until it becomes your greatest ally in creating the ease, energy & agency you need to meet your life from a calm, confident state.