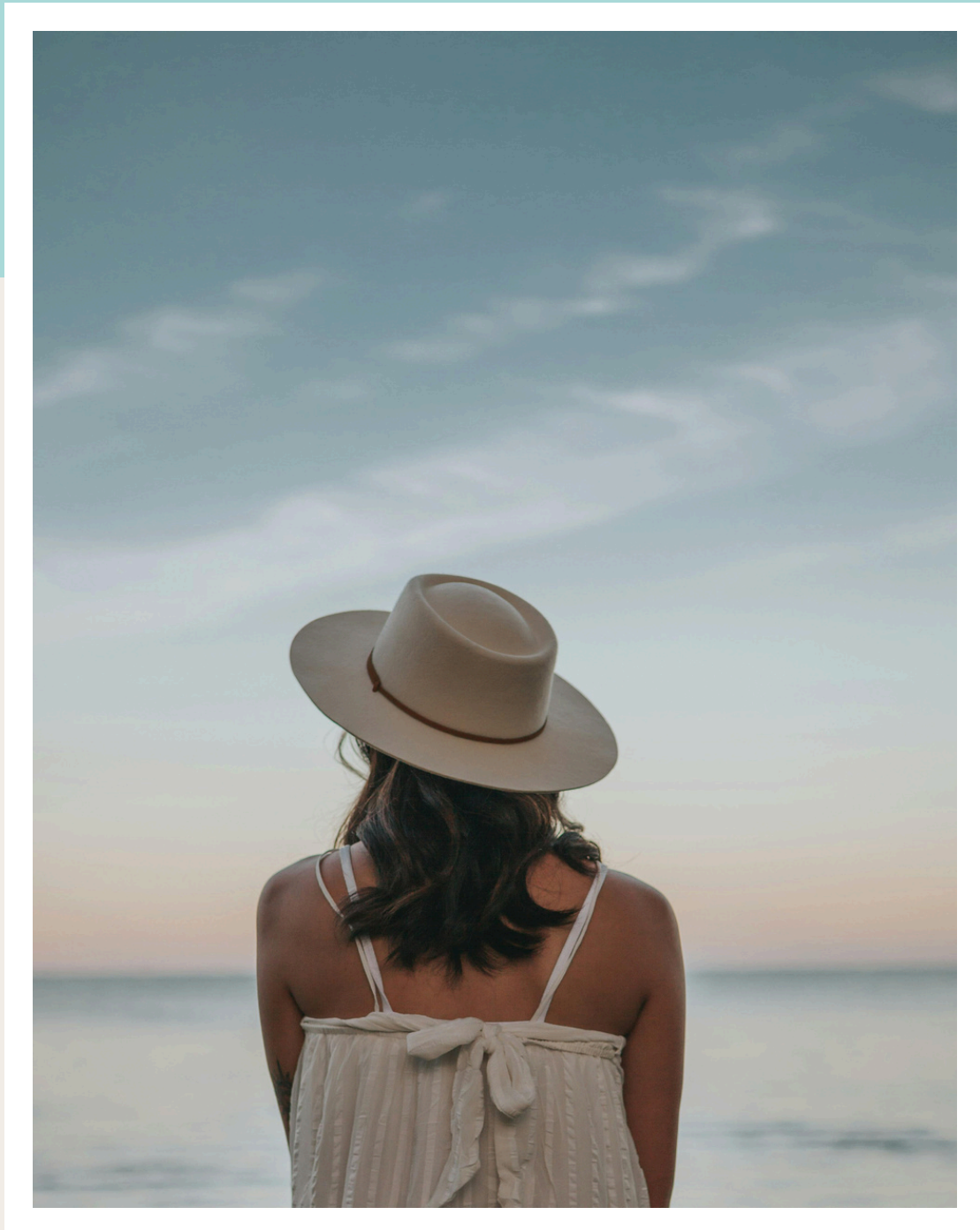


5 Simple Practices to Move Out of Survival Mode

Gentle Nervous System Support for Everyday Life



RADIANT WELLNESS

Before We Begin



If you're reading this, there's a good chance you've been feeling:

Anxious.

Overwhelmed.

Tense.

Exhausted.

Reactive.

Or disconnected from yourself.

I want to begin with something important:

You are not broken.

Your body is not working against you.

If you're in survival mode, it's because your nervous system has been working very hard to protect you.

And protection is not failure.

This guide isn't about forcing change.

It's about gently creating safety so your body can begin to soften.

Take your time as you move through these practices.

There is nothing to rush.

1 Orient to Safety

Survival mode narrows your focus.

Your body scans for danger — even when there isn't immediate threat. Orienting helps widen your awareness and remind your nervous system that you are safe right now.

Try This:

- Pause.
- Slowly look around the room.
- Let your eyes land on:
 - Something stable
 - Something neutral or pleasant
 - Something that feels familiar
- Name them quietly.
- Feel your feet on the ground.

Take one slow breath.

Ask yourself:

Am I safe in this moment?

Don't force an answer. Just notice.

This simple practice tells your nervous system:
There is no immediate danger.
And that message matters.



2 Lengthen the Exhale

When we are in survival mode, the breath becomes shallow and quick.

Instead of forcing deep breathing, simply lengthen your exhale slightly longer than your inhale.

Try This:

- Inhale gently for a count of 4.
- Exhale slowly for a count of 6.

No strain.

No big breath.

Just slightly longer out-breath.

Repeat for 1–2 minutes.

A longer exhale signals to your nervous system that it can begin to shift out of fight or flight.

Subtle shifts create sustainable change.



3 Ground Through the Body

When we feel anxious or overwhelmed, we often disconnect from the body. Grounding brings you back into physical presence.



Try This:

- Press your feet firmly into the floor.
- Notice the pressure.
- Gently press your palms together and hold for 10 seconds.
- Release.

You can also:

- Hold something textured
- Sit against a wall
- Wrap yourself in a blanket

Notice what changes.

Pressure and contact communicate safety.

You are here.

Your body is supported.

4 Reduce Input

Sometimes survival mode isn't about trauma, it's about overload.

Constant noise, notifications, conversations, information.

Your nervous system needs rhythm.

Try This:

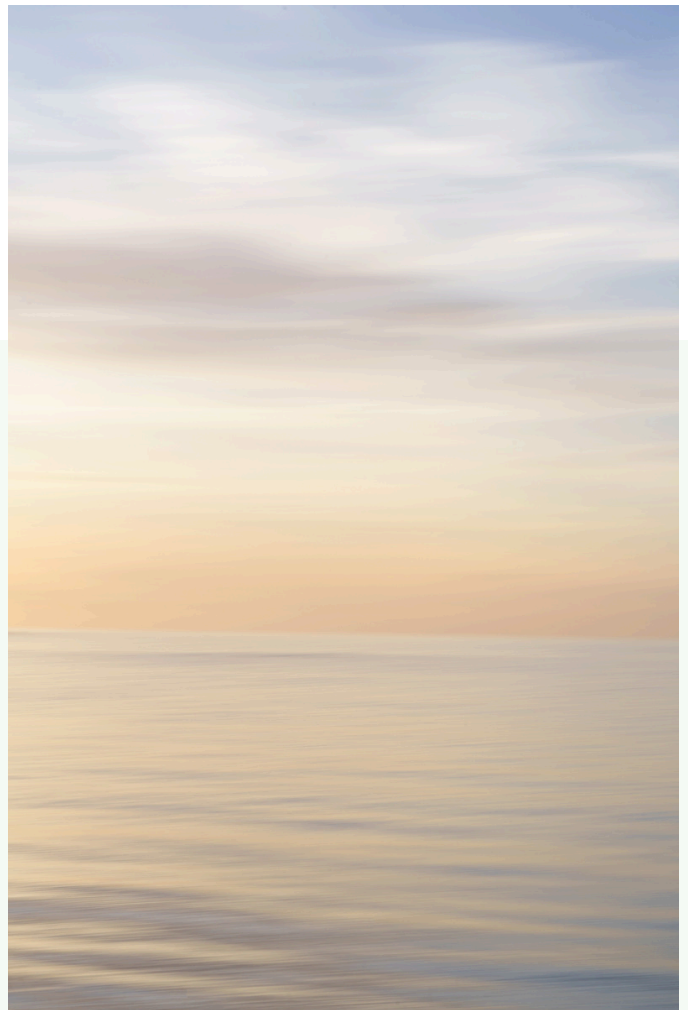
For 10–15 minutes:

- Turn off notifications
- Step outside if possible
- Sit quietly without input
- Avoid scrolling

Let your senses rest.

This isn't laziness.

It's regulation.



5 Build Micro-Moments of Safety Daily

Regulation is not one big breakthrough.

It's repetition.

Small, consistent moments of safety teach your nervous system that it doesn't have to stay in protective mode.

Choose one small ritual daily:

- A quiet cup of tea without multitasking
- A 5-minute walk in nature
- Gentle stretching before bed
- A hand over your heart while breathing

Consistency matters more than intensity.

Healing happens in stages.

*You don't have to force your healing.
Your body knows the way when it feels
safe enough to follow.*

What to Expect

As you practice these tools, you may notice:

- Slight softening
- Less tension
- Emotional release
- Improved sleep
- Moments of calm

You may also notice resistance.

That's okay.

If your body has been in survival mode for a long time, it may take time to trust safety.

Go slowly.

