

YOUR NERVOUS SYSTEM 101

Understanding what your body is trying to do.

Stronger people. Kinder systems. A brighter tomorrow.

People
Heal
in
Connection
♥

1 What is the nervous system?

Your nervous system is your body's **communication and alarm system**.

It constantly scans for safety and danger, takes in information from your environment, and helps you mobilize, protect, connect, rest, and recover.

It works automatically, often below your awareness, to keep you alive and help you move through life.

Always scanning.
Always working for you.
♥

Different states.
Same wise system.
♥

3 When you feel activated

When your nervous system detects a threat, your **sympathetic nervous system** kicks in. This is your **"fight or flight"** response. It releases stress hormones to help you mobilize, protect yourself and take action.

You might notice:



Faster heart rate



Muscle tension



A sense of urgency



Anxiety or worry



Irritability or anger



Hypervigilance (being on high alert)



Trouble resting

A normal, helpful response when there is real or perceived danger.
♥

5 How the system learns

Your nervous system uses a process called **neuroception** — an automatic, unconscious scan for safety or threat. Your body is always asking, **"Am I safe enough?"**

Past stress, challenging experiences and trauma can make the alarm system more sensitive, so it may detect danger even when you are actually safe.

The good news? The nervous system is **adaptable**. With new, consistent experiences of safety, your brain and body can learn and change.

Your body remembers — and it can also learn new patterns.
♥

2 When you feel safe

When you feel safe, your **parasympathetic nervous system** is active. This is your **"rest and digest"** system. Your body can settle, heal and recharge.

You might notice:



Easier breathing



Better digestion



More flexible thinking



Feeling connected



Rest comes more easily



Curiosity and openness



A greater sense of calm

This is where healing and growth happens.
♥

4 When you shut down

When the system feels **overwhelmed**, it may shift into a **collapse, freeze or shutdown** response. This is another protective response, especially when fight or flight isn't possible.

You might notice:



Numbness or low energy



Exhaustion



Brain fog or difficulty thinking



Heaviness or feeling stuck



Disconnection from yourself or others



Going quiet or feeling shut down



Less motivation or a sense of not being here

This can happen when your system feels too much, for too long.
♥

✓ Ways to send safety cues

These simple everyday practices can help your nervous system feel safer, more regulated and more connected.



Slow exhale (breathe out longer than in)



Orient to the room (look around and notice what's here)



Warmth (a warm drink, blanket or warm shower)



Gentle movement (stretch, walk, move your body)



Hydration (water helps your brain and body)



Predictable routines (rhythm builds safety)



Safe people (positive connection matters)



Rest (sleep and regular breaks)



Therapy (a safe space to explore, process and heal)

Small steps. Big difference.
♥



Kind
Brave
Capable
You Got This
♥