

Signs of Nervous System state shift

Breath

Yawning, deep sigh, involuntary deep breath, resonant exhale

Muscles

Loosening or softening of muscles, especially around jaw, shoulders, neck, belly

Eyes

Eyes coming in to easy focus, more peripheral vision, softening or focusing of muscles around eyes, eyes watering

Balance

Ability to relax into or receive more support, feeling more evenly balanced, a small lean back onto sit bones or heels

Rhythm

Rhythmic movement, rocking, nodding, more rhythmic breathing, walking, or speaking

Digestion

Digestive system coming back online with gurgling, farting, burping, noticing hunger, noticing need to pee

Voice

Voice coming into full resonance, sounding like the self, ease in throat and vocal cords

Context

Able to notice more nuance, tuned in to more of the environment, options resurfacing, feeling connected to purpose