

THE WELLNESS SPACE

THE NERVOUS SYSTEM TOOL-KIT: YOUR 24/7 RESET

Our nervous systems are designed to be dynamic. Like a musical instrument, we are meant to hit high notes (excitement, urgency) and low notes (rest, digestion). Problems arise when we get "stuck" in one state, either the high-revving engine of anxiety or the heavy stall of shutdown.

Tap or swipe to access each Nervous System Tool & learn more about how to find your inner calm.



BEFORE YOU USE ANY OF THE FOLLOWING TECHNIQUES- YOU MUST FIRST "NAME THE STATE."

Regulation isn't about staying calm 24/7; it's about "Fluidity."

It's the ability to recognize when life has become too "loud" and knowing exactly which internal dial to turn to bring yourself back to a state of safety.

The "Awareness Check" - **Start here** before using any of the following tools.

- Duration: 30 seconds.
- The Practice: Close your eyes and ask: "Is my engine revving too high (Anxiety/Bracing) or is it stalling (Heavy/Paralyzed)?"
- Pro-Tip: Don't judge the state. Just notice it. "Ah, I see I'm in survival mode right now." This simple act of observation activates the Prefrontal Cortex, which is the first step in taking back control.

When to Use: Use this the moment you feel "off-center." It's for those times when you feel "reactive" rather than "responsive." Whether you are facing a messy kitchen, a painful flare-up, or a looming deadline, this is your starting point. You cannot fix what you haven't yet acknowledged.

THE "VOO" BREATH (VAGAL TONING)

Your Vagus nerve is like a high-speed data cable running from your brain to your internal organs. When we are stressed, this cable gets "noisy." By making a low-frequency sound, you are physically vibrating that nerve, sending a direct "all-clear" signal to your heart and lungs. It's like a massage for your internal nervous system from the inside out.

The Tool: Take a slow, deep breath in through your nose, imagining your belly filling like a balloon. As you exhale, make a steady, low-pitched "Voooooo" sound. Aim for a 10-second exhale. Repeat 3–5 times.

- **Pro-Tip:** Cup your hands over your ears while you do it to amplify the internal vibration—it makes the "reset" feel much more immersive.

When to Use: Use this when you feel "braced"—that feeling where your shoulders are up to your ears and your jaw is tight. It's perfect for when you feel emotionally "on edge," defensive, or like you're waiting for the "other shoe to drop."

PHYSIOLOGICAL SIGH (THE "CARBON DIOXIDE RESET")

When we are anxious, the tiny air sacs in our lungs tend to collapse, trapping carbon dioxide in the blood, which makes us feel "panicky" or short of breath. This specific double-inhale pops those sacs back open. It is the fastest biological "off-switch" for an racing heart discovered by neuroscientists to date.

The Tool: Inhale deeply through the nose. Just when you think you're full, take one more sharp, tiny "sip" of air to fully expand the lungs. Then, let out a long, heavy sigh through your mouth.: Just 2 or 3 rounds is enough to change your blood chemistry.

- **Pro-Tip:** Make the exhale audible- "haaah" sound. The longer the exhale, the more you signal to your brain that you are safe.

When to Use: Reach for this when you feel "scattered" or overwhelmed by a long to-do list. It's for those moments when your thoughts are racing faster than your body can keep up with, or when you feel a wave of frustration rising.



SAFE-PLACE GROUNDING

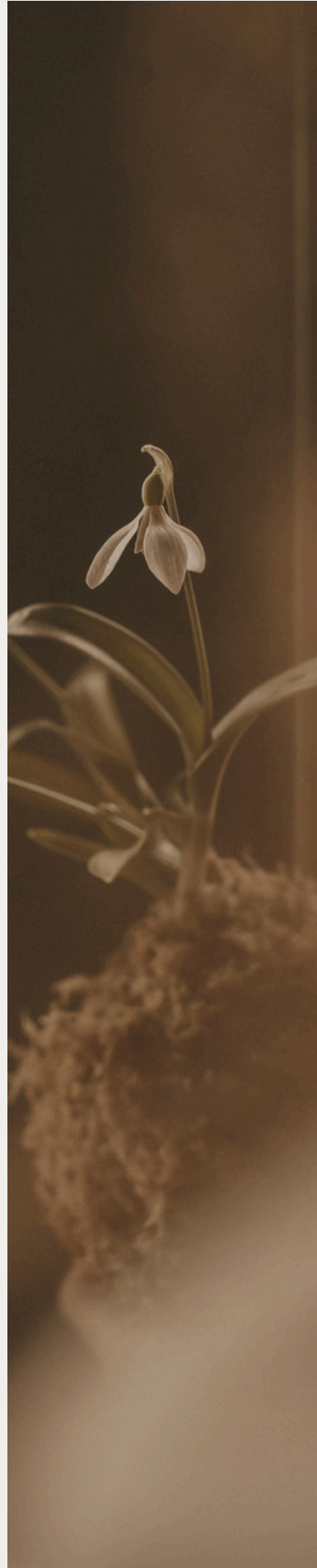
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Our brains can't be in two places at once. When we are stuck in "paralysis" or "looping thoughts," our brain is essentially "offline" from the present. By forcing the brain to process sensory data (sight, sound, touch), we physically pull the energy away from the "worry centers" and back into the parts of the brain responsible for action and logic.

The Tool: Slowly acknowledge: 5 things you see, 4 textures you can feel, 3 distinct sounds, 2 scents, and 1 thing you can taste (or your favourite flavour). Take your time, about 30 seconds for each sense.

- **Pro-Tip:** Try to pick "micro-details" you usually ignore, like the pattern on a cushion or the hum of the fridge. This deeper focus speeds up the grounding effect.

When to Use: This is your "Emergency Brake." Use it when you feel "dissociated," "floaty," or like you are disappearing into a cloud of low mood. It's for when the world feels "too much" and you need to find your footing again.



COLD EXPOSURE (THE DOPAMINE DRIP)

Cold water is a "hormetic stressor." It gives the system a tiny, controlled shock that triggers a massive, long-lasting release of dopamine and norepinephrine (our "motivation" chemicals). Unlike the "spike and crash" of sugar or caffeine, the dopamine from cold exposure stays elevated for hours, clearing the "fog" from your mind.

The Tool: At the end of your usual warm shower, turn the dial to cold. Start with your feet and hands, then move to your chest and back. -Build up to 2 minutes over time.

- **Pro-Tip:** Focus entirely on your breath. If you can keep your breath slow while the water is cold, you are "training" your brain to stay calm during life's difficult moments.

When to Use: Use this when you feel "heavy," "sluggish," or stuck in that ADHD "paralysis" where you want to do things but can't find the "spark." It's a physical way to jump-start your motivation and lift a heavy mood.



THE "PERIPHERAL VISION" HACK

There is a direct link between the muscles in our eyes and our stress response. When we are in "Fight or Flight," our vision narrows (tunnel vision). By manually widening our gaze, we trick the brain into a "Discovery" state. It is physically impossible for the body to maintain a high-stress state while the eyes are in a wide, soft gaze.

The Tool: Pick a point on the wall in front of you. While keeping your eyes on that point, start to notice the space to your far left and far right. Notice the floor and the ceiling, all without moving your eyeballs.-Hold this "wide view" for 1 minute.

- **Pro-Tip:** Try to do this while walking in nature. It completely changes how your brain processes the environment, making it feel expansive rather than confining.

When to Use: Use this when you feel "trapped" or "claustrophobic" by your responsibilities. It's perfect for when you've been "zoomed in" on a problem or a screen for too long and feel your irritability starting to peak.

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THE "SOMATIC SHAKE"

Have you ever noticed a dog shake its whole body after a confrontation? Or a duck flap its wings after a narrow escape? In the wild, animals "shake off" the surge of adrenaline so it doesn't get trapped in their muscles. As humans, we've learned to "sit still" and "keep a straight face" when we are stressed. This causes that survival energy to turn into chronic tension, literally "freezing" into our neck, shoulders, and jaw. Shaking is how we tell our cells that the "threat" is over and it's safe to soften.

The Tool: Stand with your feet hip-width apart and your knees soft. Start by gently bouncing, then begin to shake your hands, your arms, and your shoulders. Let your heels thump against the floor.- 2 to 3 minutes (or the length of one upbeat song).

- **Pro-Tip:** Make sure your jaw is loose, even let your tongue be floppy. The jaw and the pelvis are neurologically linked; when you "un-brace" your mouth, you help release deep tension in your lower body and hips.

When to Use: Reach for this when you feel 'brittle or stagnant'. It's perfect for those moments after a difficult conversation, a stressful drive, or when you feel that heavy, stuck energy of a low mood. Use it to transition from "Work Mode" to "Home Mode" to ensure you aren't carrying the day's stress into your evening.





YOUR HEALING IS A JOURNEY, NOT A DESTINATION.

Nervous system regulation isn't about being "perfect" or "calm" all the time. It's about building a relationship with your body where you recognize the signals and know exactly how to guide yourself back to safety.

You don't have to do it all at once. Start with one breath, one shake, or one moment of peripheral vision. Every time you choose a regulation tool, you are rewiring your brain for resilience.

"You are the architect of your own internal peace."

with love and intention. Lou. The Wellness Space x