

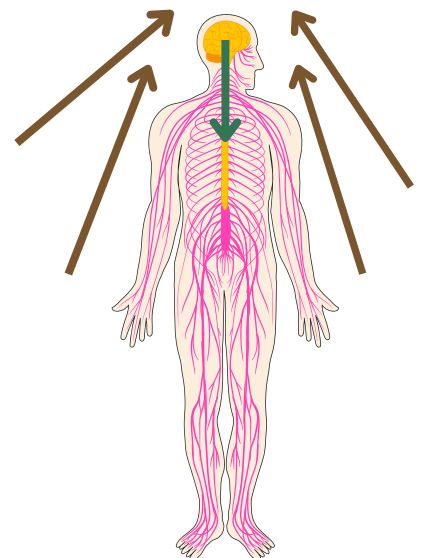


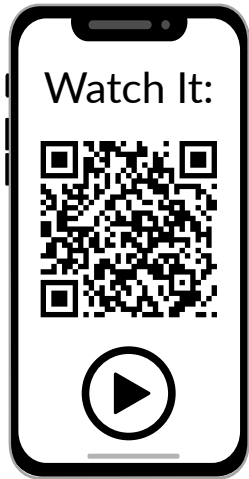
LOVIN MY NERVOUS SYSTEM

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COACHING

Nervous System Tools

- Physiological Sigh
- Safety Sequence
- Rag Doll
- Body Breath
- Peripheral Vision
- Palate Relaxation
- Havening Technique
- Grounding Outside
- 5-4-3-2-1 Grounding
- Progressive Muscle Relaxation
- Somatic Movement
- Vagus Nerve Breathing
- Visualization
- Hand on Heart
- Power Pose
- Orienting





What is it?

- A double inhale through the nose followed by a long, slow exhale through the mouth

Why does it work?

- It resets the nervous system by quickly reducing levels of carbon dioxide in the blood, helping the body return to a calm state.

How did you feel after trying this tool?	When do you think this tool would be helpful in your life?



What is it?

- A short routine where you consciously remind yourself that you are safe, using soothing words, touch, or movement.

Why does it work?

- It calms the amygdala (the brain's alarm system) by activating the parasympathetic nervous system and reinforcing a sense of security.

What helps you feel safe in your body or environment?	Ask and answer these questions as part of your Safety Sequence Routine:
	<ul style="list-style-type: none">• Step 1: Ask Yourself: Am I safe?• Step 2: Ask Yourself: Do I feel Safe?• Step 3: Acute relaxation – rag doll or physiological sigh



What is it?

- A forward fold where you let your arms, head, and upper body hang loosely like a rag doll

Why does it work?

- This posture helps release tension in the neck and shoulders while signaling safety to the nervous system by slowing down and softening the body.

Where in your body do you hold tension most often?	How did your body feel after spending a minute in rag doll?



What is it?

- Breathing deeply into your belly using your diaphragm, or breathing in a set pattern like Box Breathing (inhale, hold, exhale, hold — all for equal counts)

Why does it work?

- It activates the vagus nerve and shifts the body from fight-or-flight to rest-and-digest, creating calm and regulation.

What did you notice in your body before and after deep breathing?	What are your favorite deep breathing techniques?



What is it?

- Gently softening your gaze and expanding your awareness to include the full visual field (periphery), not just what's directly in front of you

Why does it work?

- Engaging peripheral vision cues the nervous system that you're not in danger — it's a signal of safety and presence.

How did you feel after trying this tool?	When do you think this tool would be helpful in your life?



What is it?

- Releasing tension in the roof of the mouth by yawning, humming, or saying the “r” sound gently

Why does it work?

- The soft palate connects to the vagus nerve; relaxing it can activate the parasympathetic nervous system, helping you calm down.

Did you notice any shift in mood or tension after yawning or humming?	How often do you check in with your mouth or jaw for tension?



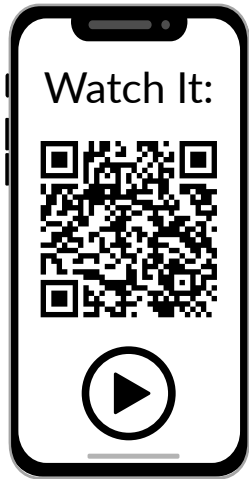
What is it?

- A self-soothing method involving gentle stroking of the arms, hands, or face while thinking calming thoughts

Why does it work?

- Touch helps regulate the brain's emotional centers and can de-link stress responses by signaling comfort and safety.

How did havening change your emotional state in the moment?	How can you incorporate this technique into your daily routine to better manage anxiety?



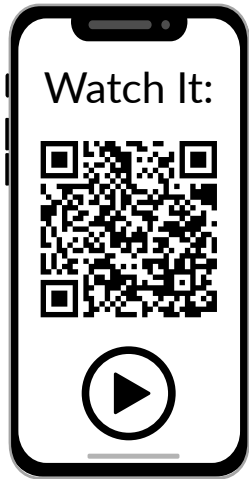
What is it?

- Placing your bare feet on natural ground (grass, dirt, sand) and connecting physically to the earth

Why does it work?

- Touching the earth helps the body regulate electrically and psychologically, offering a sense of stability and calm.

How did you feel before and after being barefoot on the earth?	Where can you go each day or week to spend time in nature?



What is it?

- Naming 5 things you see, 4 you can touch, 3 you hear, 2 you smell, and 1 you taste

Why does it work?

- This sensory exercise anchors you in the present moment and helps calm the nervous system by shifting focus from anxiety to reality.

What was the easiest sense to focus on? What was the hardest?	How did this grounding exercise shift your awareness or calm your body?



What is it?

- Tensing and then slowly releasing different muscle groups in the body from head to toe

Why does it work?

- PMR helps recognize where you hold tension and teaches the body to relax systematically, signaling safety to the nervous system.

Which body part was most difficult to relax?	How did your overall body feel after completing PMR?



What is it?

- Gently moving or scanning through the body with awareness, noticing sensations and areas of tension or ease

Why does it work?

- Connecting with your body enhances internal awareness, which helps regulate emotional responses and calm the nervous system.

What surprised you about your body scan today?	When do you think this tool would be helpful in your life?



What is it?

- Breathing in ways that activate the vagus nerve, such as long exhales, humming, or singing

Why does it work?

- The vagus nerve is a key part of the calming parasympathetic system; stimulating it can help shift you out of stress and into relaxation.

How did you feel after trying this tool?	When do you think this tool would be helpful in your life?



What is it?

- Using your imagination to mentally visit a calm, safe, or empowering place

Why does it work?

- The brain often responds to imagery as if it's real. Visualizing safety or strength helps calm the nervous system and shift your emotional state.

What did you visualize?	How did your body and emotions respond to that mental picture?



What is it?

- Placing your hand gently over your heart while breathing slowly and offering yourself soothing words

Why does it work?

- Touch and warmth signal safety. This gesture can release oxytocin, calm the brain, and promote emotional regulation.

What did you say to yourself while placing your hand on your heart?	What physical or emotional shifts did you notice?



What is it?

- Standing or sitting in a strong, open posture — chest up, shoulders back, arms wide or on hips

Why does it work?

- Body posture influences how we feel. Power poses boost confidence hormones and reduce stress hormones.

Draw a sketch of power poses you have tried:	How does your confidence shift after holding the pose for a minute or more?



What is it?

- Looking around to help your nervous system naturally settle into a feeling of safety and relaxation.

Why does it work?

- When you pay attention to your surroundings, the actual movement of your head and neck, as well as the external focus of your eyes, stimulates neurotransmitters to send messages to the brain that all is well.

What do you notice in your surroundings right now? Pay attention, on purpose, to the space around you, including shapes, colors, textures, or whatever you are drawn to in that moment.	How do you feel in your body? Do you sense a softening or relaxing feeling?