

The background of the image is a coastal landscape. In the foreground, there are grey, textured rocks with patches of orange-brown lichen. Several small, pink, daisy-like flowers with thin green stems are growing from the rocks. In the middle ground, there is a blurred view of a beach and the ocean. The sky is a clear, bright blue with a few wispy white clouds near the horizon.

NERVOUS SYSTEM NOURISHMENT FOR MUMS MADE BY A MUM

**Accessible and achievable results when
you've already got plates spinning**

DISCLAIMER

The published exercises are to aid nervous system regulation. It is important to know that each individual's nervous system has been wired by their past and the lived experiences they have had. I have no prior knowledge of any reader's personal circumstances and the somatic, emotional and physical imprint that has occurred because of aforementioned experiences.

This disclaimer is to make you conscious of any potential risk in partaking in the exercises described in this eBook. It is for you to make an informed decision whether or not you feel you should participate in the exercises. The information in this eBook is for educational purposes only and should not be used as a replacement of professional medical or therapeutic advice, diagnosis or treatment. If you have concerns about your physical or mental health, you should always consult a healthcare or therapeutic professional. Do not disregard or avoid seeking medical or therapeutic advice because of anything you have read in this publication, associated social media or websites.

Although there is no risk in regulating your nervous system, you will be equipped with awareness of your physical body and emotions, which may spark curiosity and intrigue of yourself, if you need support or guidance with this it can be explored further therapeutically.

Do read and introduce the exercises slowly, as they have been designed to be learnt incrementally. Some may impact you more effectively than others, this is expected, trust yourself to listen and learn how your body responds.

WINTESS FEEL LEARN
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*I have aimed to make this digestible, and there are some **Brucey bonus bits** if you want to extend your understanding or do your own reading (very optional).*

INTRODUCTION

Being a Mum is a lot! A rollercoaster of new, transformational and beautiful first things.

However, we are not given a guide to what may happen for us physically, emotionally or otherwise.

This is a gentle introduction and invitation to a part of you (*hello, nervous system*) that has a big impact on your reactions, overall health and inner world.

I hope it can offer you a new perspective and methods of how to relate to yourself, and consequently, your outer world.

WHAT THIS IS NOT ABOUT

This is not about being a 'perfect' Mum, by George, that doesn't exist!

This is permission to take off the **Mum guilt** when you have been triggered, or reacted in a way that you didn't like. Instead, having a **compassionate view** of yourself and the fact that you are a human being with a nervous system wired by your past, which can be rewired, accepted and attuned to become a more balanced **you**.

This is a handy little toolkit.

With a hint of slow and a dash of practise can gift a breath of calm into a demanding life.

WHAT IS THE NERVOUS SYSTEM?

We speak about it all the time:

"THAT WAS NERVE WRACKING"

"HAVE NERVES OF STEEL"

"TO HIT A NERVE"

"LOSE YOUR NERVE"

"GET ON SOMEONE'S NERVES"

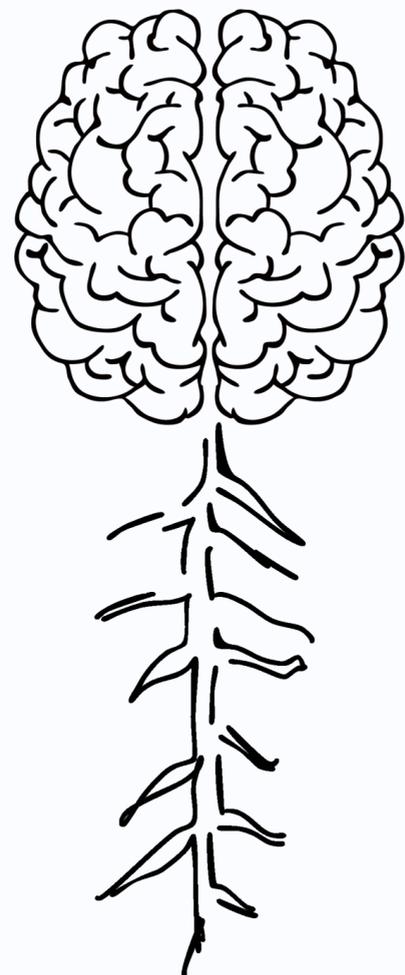
The nervous system is the **complex communication system** of the human body.

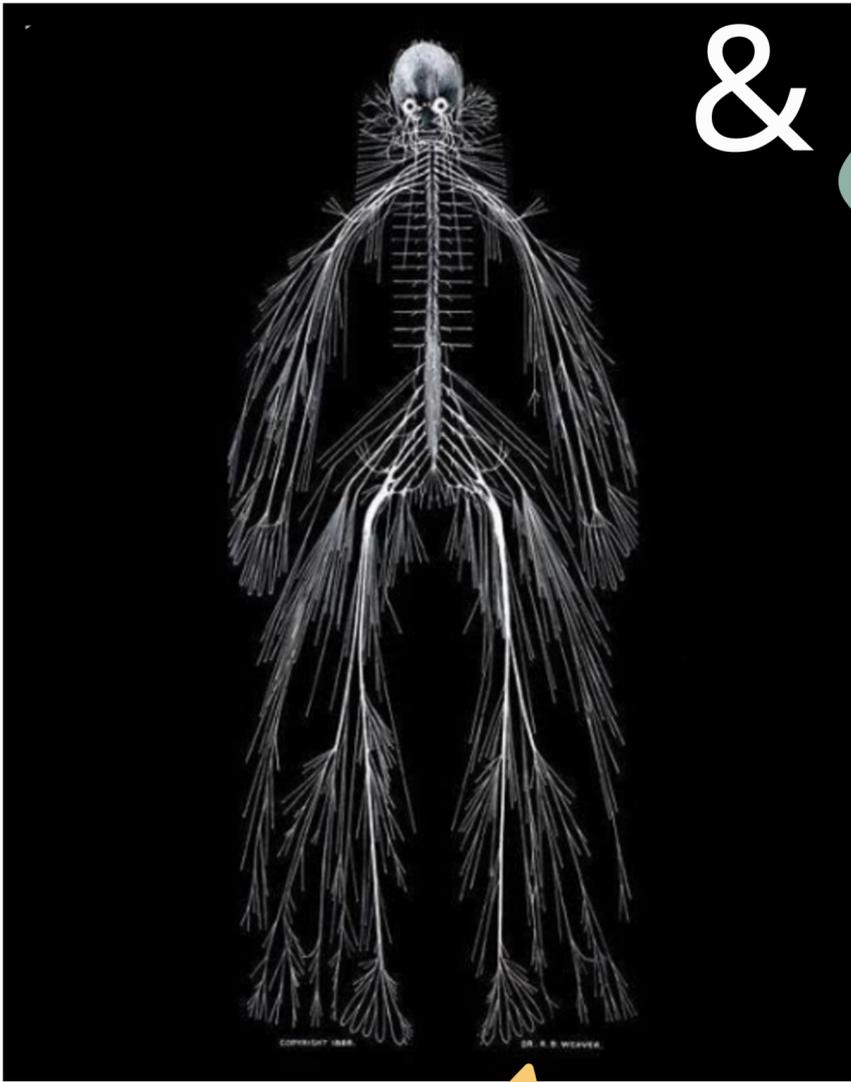
IT IS MADE UP OF:

BRAIN & SPINAL CORD

Central Nervous System (CNS)

Receives, processes and coordinates sensory information from the body and the outside world.





&

43 PAIRS OF NERVES
(billions of nerve cells)

Peripheral Nervous System (PNS)

Connecting the brain to the body and controlling all bodily processes.

**THE REGULATION
SUPER STAR**

The PNS contains the **Autonomic Nervous System (ANS)**.

WHAT DOES IT DO?

Think of it as **brain - body chat**.

It's in charge of things **we can control**, and the other things we rely on that **we don't have to think about** controlling:

**VOLUNTARY SOMATIC
MOVEMENT**

Walk, speak, swallow, moving our face, limbs etc.

&

**INVOLUNTARY SOMATIC
MOVEMENT**

Heart rate, reflexes, breath, digestion, temperature, sneezing etc.

AS WELL AS

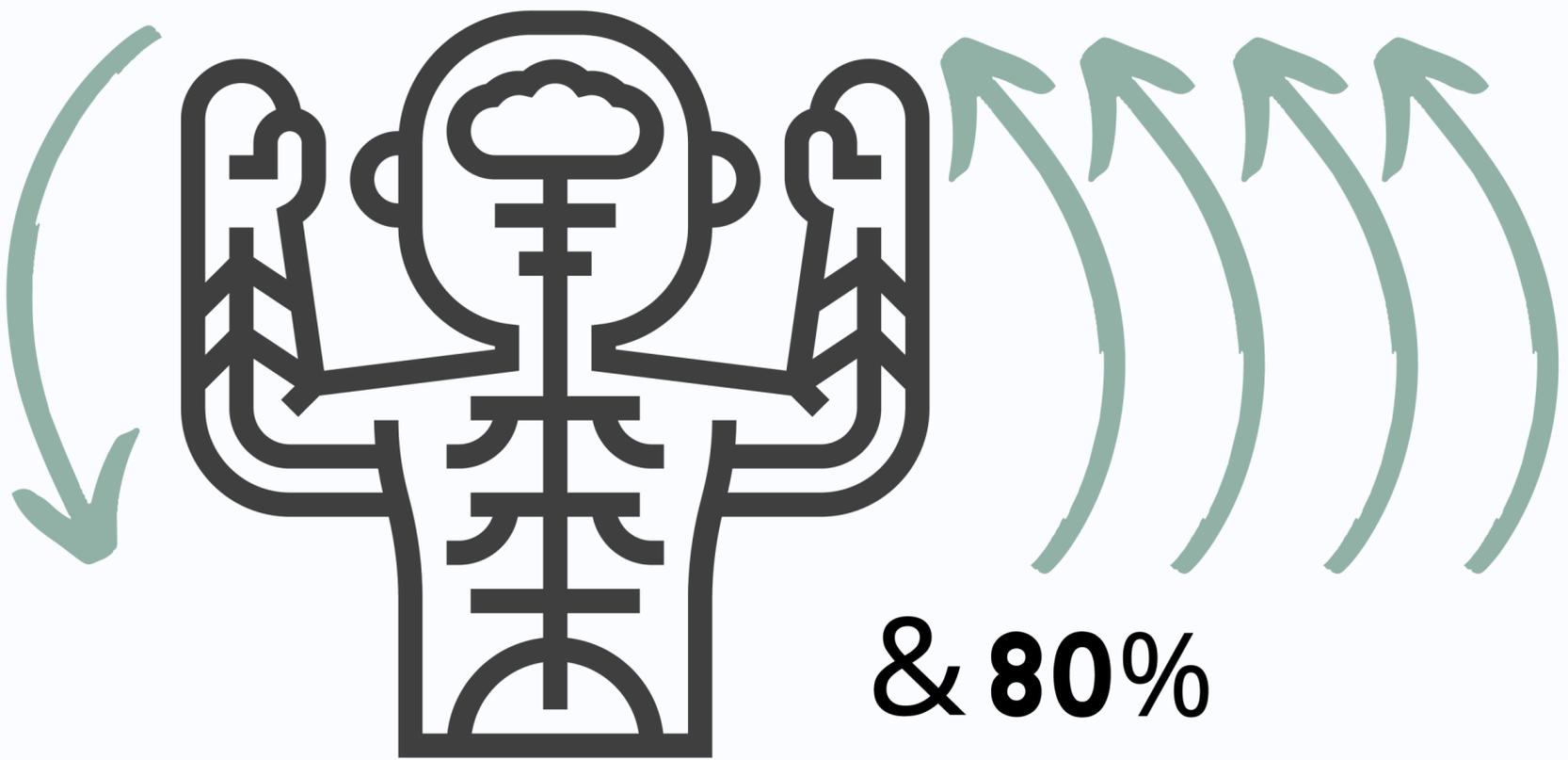
constantly reading your outer world to **assess all information** in the environment and in social interactions.

NEUROCEPTION



HOW DOES IT COMMUNICATE?

20% of nerve fibres communicate from **brain to body**



& 80%

communicate from **body to brain**

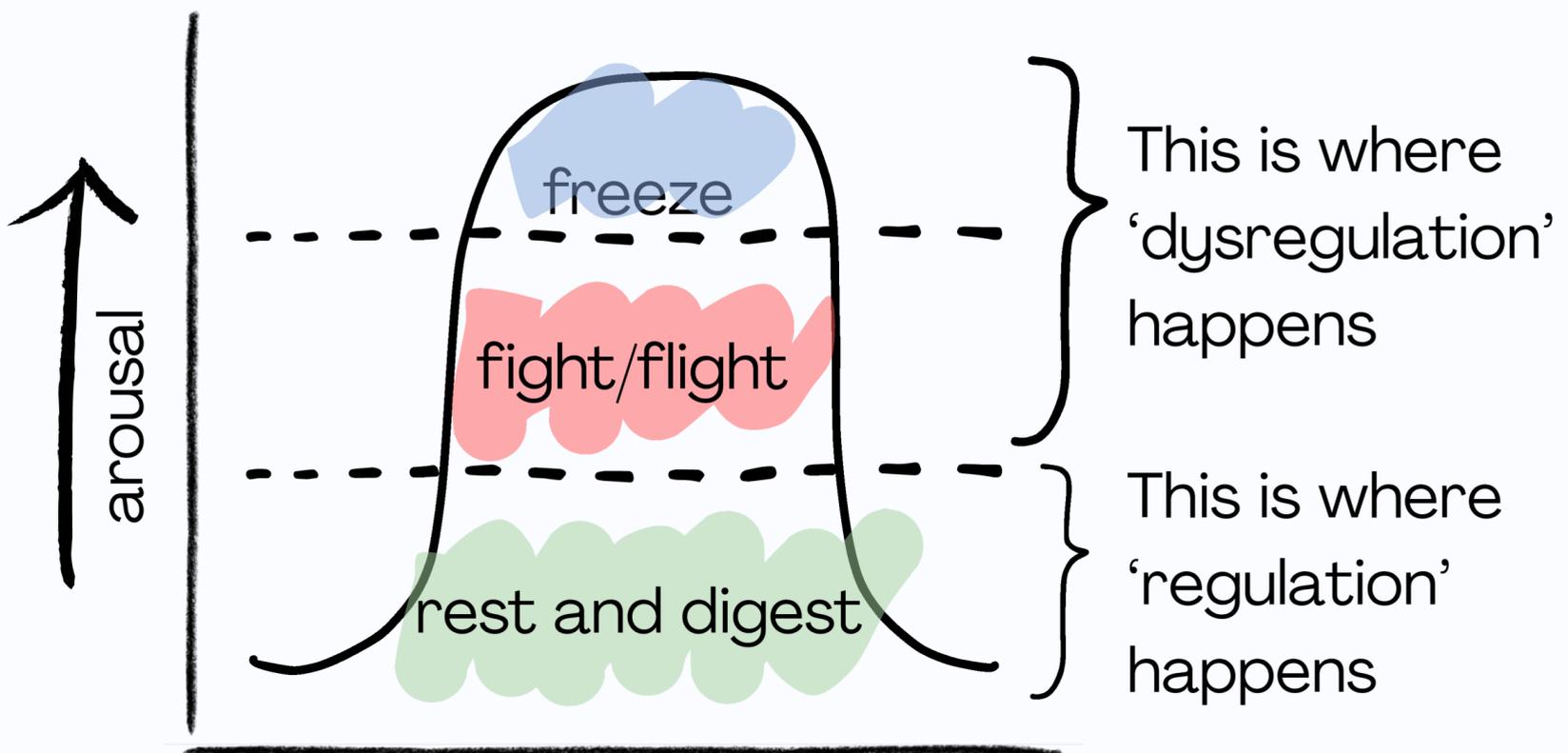
This means **you can't think yourself** into being regulated, it is, predominantly, a **body based approach.**

BEAR WITH ME...

This guide isn't a science lesson, it's an introduction to how you can relate to your body, and how that can help you work with yourself, for yourself and your family, in the every day.

SO WHAT DOES THAT MEAN FOR ME DAY TO DAY?

Every day we will **experience all states** of the nervous system, **no state is 'bad'**.



IS DYSREGULATION BAD?

- **Dysregulation is a normal part** of life, it happens when we temporarily shift out of balance in response to stress or threat.
- It only becomes a **concern** if it's frequent, chronic, or persistent, it disrupts daily life or relationships or your body doesn't feel safe even in safe situations.

DO WE HAVE CONTROL?

Yes!

- Regulation exercises and vagal tone techniques can help us learn to be in better relationship with our body, **letting it know it's safe**.
- Somatic (body) awareness is a learned thing, and the more you practise, the easier it'll become.

WHAT HELPS A HEALTHY NERVOUS SYSTEM?

Balanced diet and good hydration

Regular physical exercise

Good sleep hygiene

Avoiding harmful substances

Stress management

As we all know, **looking after kids** ~~can be~~ **is stressful**

(throw in the house, the job, the dog, the washing... you catch my drift)

and these elements of life can't always be 'managed', they just are.



A'INT THAT JUST NERVOUS SYSTEM REGULATION?

SO...

What we can do is:

- befriend our nervous system
- learn what makes it **feel good** and
- **practise** that, when possible.



Nervous system regulation means **being able to adapt to stress effectively.**

Recognising when you're stressed or anxious etc.



Having tools to come back to a restful place within yourself

Dysregulated

Regulated

REASONS BEHIND DYSREGULATION

PHYSICAL

- Thirst
- Hunger
- Lack of sleep
- Illness or infection
- Lack of physical activity
- Nutrient deficiencies
- Chronic health disorders or conditions

SENSORY

- Sensory triggers (e.g. specific sounds, textures or environments)
- Sensory overload (too much sensory stimulation)
- Unmet sensory needs (e.g. the need for movement)

EMOTIONAL

- Stress or pressure
- Anxiety or worry
- Changes in routine or environment
- Anger, overwhelm, excitement (or other intense emotions)
- Need for connection
- Trauma or unresolved emotional pain

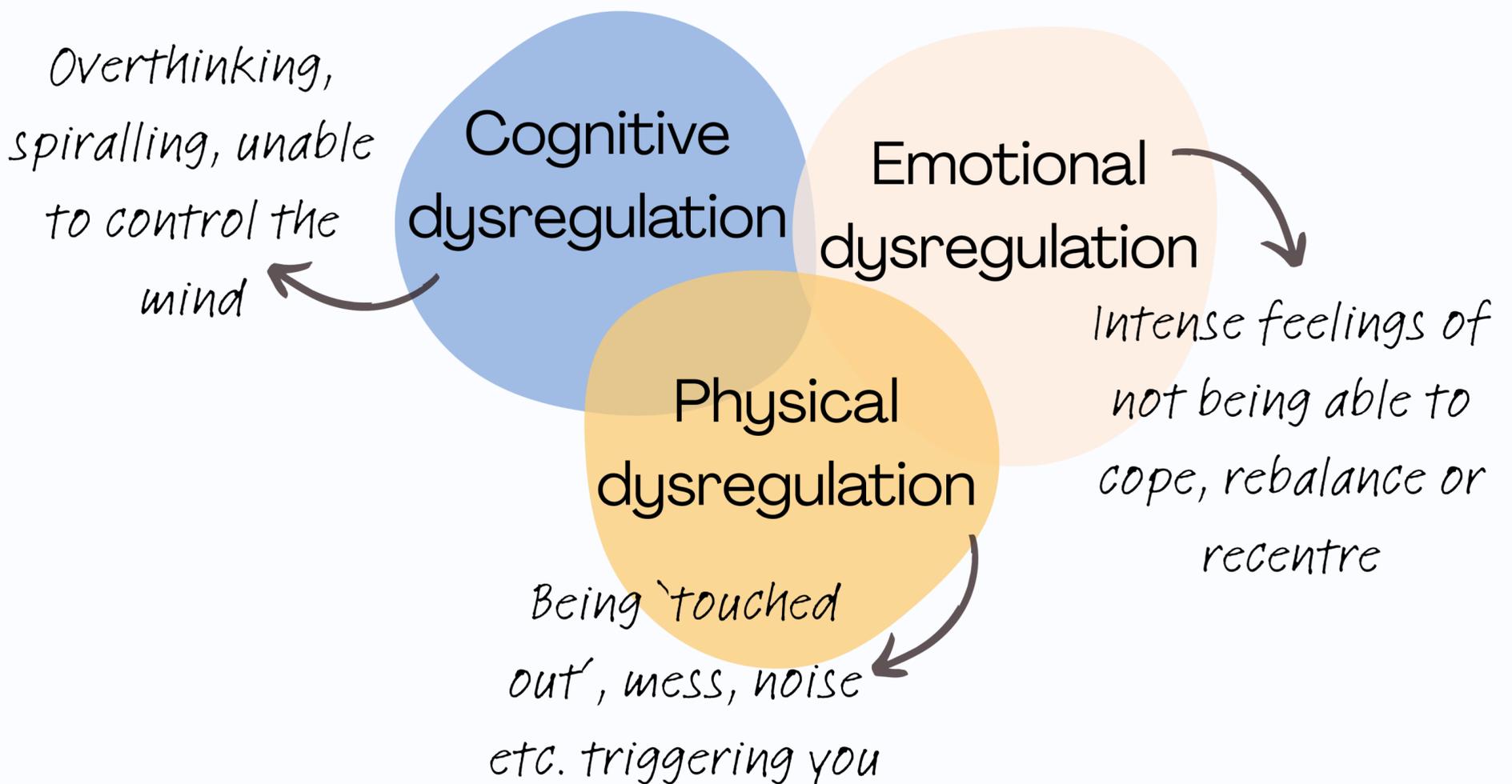
INTEROCEPTION

BEING AWARE OF OUR INTERNAL BODY SENSATIONS HELPS US TO RECOGNISE WHEN WE ARE BECOMING/ARE DYSREGULATED

Take a moment - do any of these feel familiar in your body or mind?

MOTHERHOOD & DYSREGULATION

These years are demanding and dysregulating.



MODERN DAY MOTHERHOOD WITH:

- External pressures of social media/comparison
- Lack of support systems/community
- Constant demand to be present
- Loss of identity/no time for yourself
- Invisible mental and emotional load
- Cycle breaking in your parenting style

IS TOUGH GOING.

Your nervous system will **feel** these pressures in the body as tension and will **express** them as dysregulation

(and further down the line, as illness).

WHY LEARN TO REGULATE IT?

WHAT ARE THE BENEFITS?

These are not limited to, but include:

**Stress resilience
and emotional
regulation**

**Improved cognitive
function**

Better sleep quality
*by bringing calm and relaxation,
meaning better quality rest*

**Enhanced immune
function**
*Reduced risk of
chronic
conditions*

**Greater
mind-body
connection**

**Improved
relationships and
social interactions**

**Physical health
benefits**
*reducing stress hormones,
improving blood pressure and
heart health, and overall body
function*

**Ability to attune
with your child(ren)
and teach them to
regulate**

CO-REGULATION

WHAT IS CO-REGULATION?

Our nervous systems 'talk' to each other, telling us if **people feel safe** and allow us to **co-regulate** together.

For example, when someone else is feeling calm you can also feel more calm. In contrast if someone's feeling anxious this can make you feel more anxious.



CO-DYSREGULATION

DID YOU KNOW?

- 0-2 years old:** Children depend solely on their caregiver to **co-regulate**.
- 2-8 years old:** They start to learn some skills copying caregivers (parents, teachers etc.) of how to regulate themselves.
- 8+ years old:** They develop more advanced cognitive abilities, enabling more successful regulation control.



If we, as caregivers, **can learn** to regulate our nervous systems, we can **co-regulate with our children** and **can teach** them how to regulate themselves (for a lifetime).

EXERCISES

HOW TO USE THIS SECTION:

Start with one exercise and move on to the next when you have felt out the one before,

OR

Read through them all and start with those that jump out at you.

In blue are suggestions of how often or when it may be appropriate

In brown are notes or tips

THE AIM IS TO SLOWLY BUILD YOUR TOOLKIT AND FIND THE EXERCISES THAT ARE MOST IMPACTFUL FOR YOU.

Practising regulation techniques often, will weaken the link of dysregulation in the body. You will become more regulated over time.



Remember:

Dysregulation is an alarm something is 'off'

With awareness and tools we can **regulate**

Action is needed

Without awareness and tools we are at a loss from the start, continuing to be dysregulated in a vicious cycle.



Relax your body

Check in with your body right now:

Where are your shoulders sitting?

How deeply are you breathing?

Are you frowning?

Now relax



feel your shoulders drop

let your breath slow and deepen

right down low so your tummy expands

let your jaw fall naturally

start to feel your tongue relax

maybe a pool of saliva collects

you can leave it there for a moment

ah, there you are.

THIS IS GOLDEN, THE MORE YOU PRACTISE THIS, THE MORE YOU'RE TELLING YOUR BODY IT IS SAFE.

Another way of relaxing the body is **body scan** focusing on each part of the body one by one, slowly.

(Toes, bottom of foot, top of foot, ankle...)

You may start this practise and your body will tighten back up straight away, that's OK, you can do it again and again.

As much as you can in a day, every day,
until it becomes second nature

Legs up a wall

With your butt against the wall, spine straight on the floor and legs leaning on the wall.

(so you're not making effort to hold them up)

Relax, place your hands on your tummy, chest or out by your sides (whatever feels right for you)

for **5-15 minutes**.



I like to do this when my kids are playing before bedtime.

Warning: When I first started to they would join in/jump on me (dysregulating) but now they're used to me doing it and we chat and I let them know on the clock when I'll be finished.

If you feel you need a moment, a pause between parts of the day, or before bed is yummy

Shaking it out

Step 1 - Stretch intuitively: arms, legs, roll your neck, move to feel where your body needs some attention

Step 2 - Shake, jump, wiggle, bounce, until you feel the buzz of energy (life) in your body (30-60 seconds)

Step 3 - Take 3 long inhales and exhales

Think of this as kicking up the debris in your body, shaking it up to breathe it out, starting fresh.

This one you can do whilst the kettle boils!

Every day in your morning routine

Cold water splash

Cold water is an easy method to come back to your body.

Splashing your **hands, forearms, face** and **back of your neck** is a quick and easy way to regulate.

Gargling cold water is also a fantastic method of regulation.

Try for between 30-60 seconds.

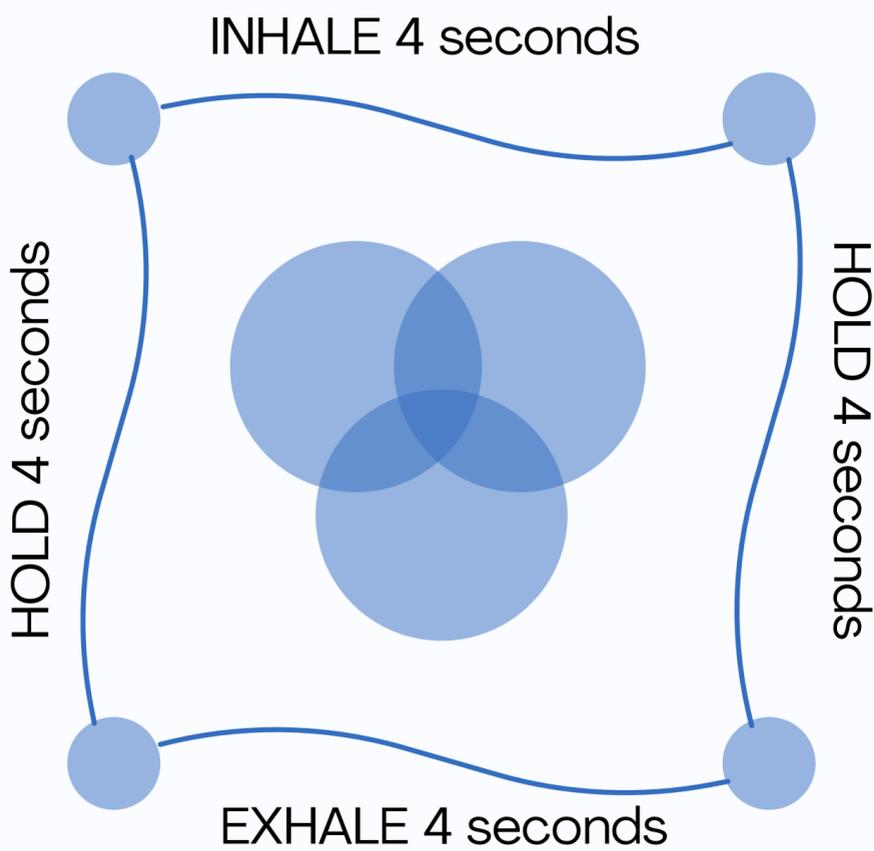
If you need a fresh burst of life,
between parts of the day

Breathing techniques

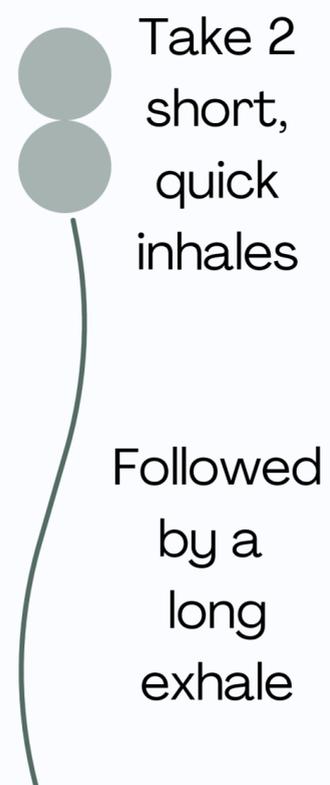
Make sure to **start slow** and work your way up to deeper breathing as your body gets used to it.

! If you're not accustomed to deep breathing it can lead to hyperventilation, dizziness, light headedness, and fainting.

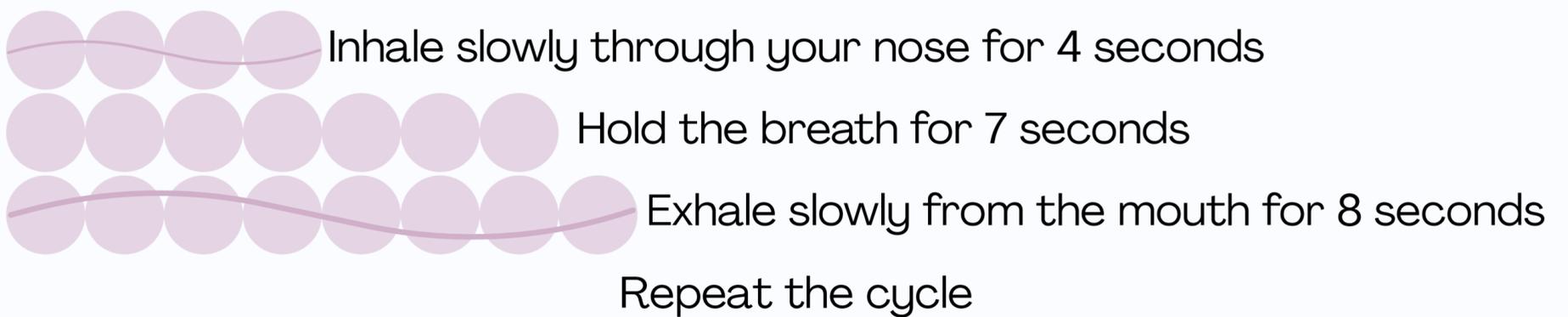
BOX BREATH



PHYSIOLOGICAL SIGH



4-7-8 BREATHING



Signalling to the body you can relax, this is easy to access, good for when you're feeling anxious, and a quick way to release tension or to help falling asleep.

Anywhere where you can breathe, a few rounds can anchor your breath to safety

Mindfulness techniques

To be used inside or outside.

Bringing awareness to the body, if you feel safe to, or into the environment (nature particularly) can ease the nervous system's sense of safety.

USING YOUR SENSES 1

- 5** things I can **see**
- 4** things I can **touch**
- 3** things I can **hear**
- 2** things I can **smell**
- 1** thing I can **taste**

USING YOUR SENSES 2

See something you like, a photo or object you like.

Touch something soft, or soothing (like a pet).

Hear music or a sound that calms you.

Smell a flower, some fruit, a candle or fresh air.

Taste a square of chocolate melting in your mouth, or bite a chunk of lemon, whatever you fancy!

BODY SENSATIONS

How does the air feel on my face?

What temperature do I feel?

How do my clothes feel on my skin?

MEDITATIVE ACTIONS

Notice your feet **walking**, left, right, left, right.

Being conscious of the warmth of the water whilst you **wash the dishes**.

Mindfully **eating**: Being aware how your mouth is handling the food and putting your cutlery down between mouthfuls.

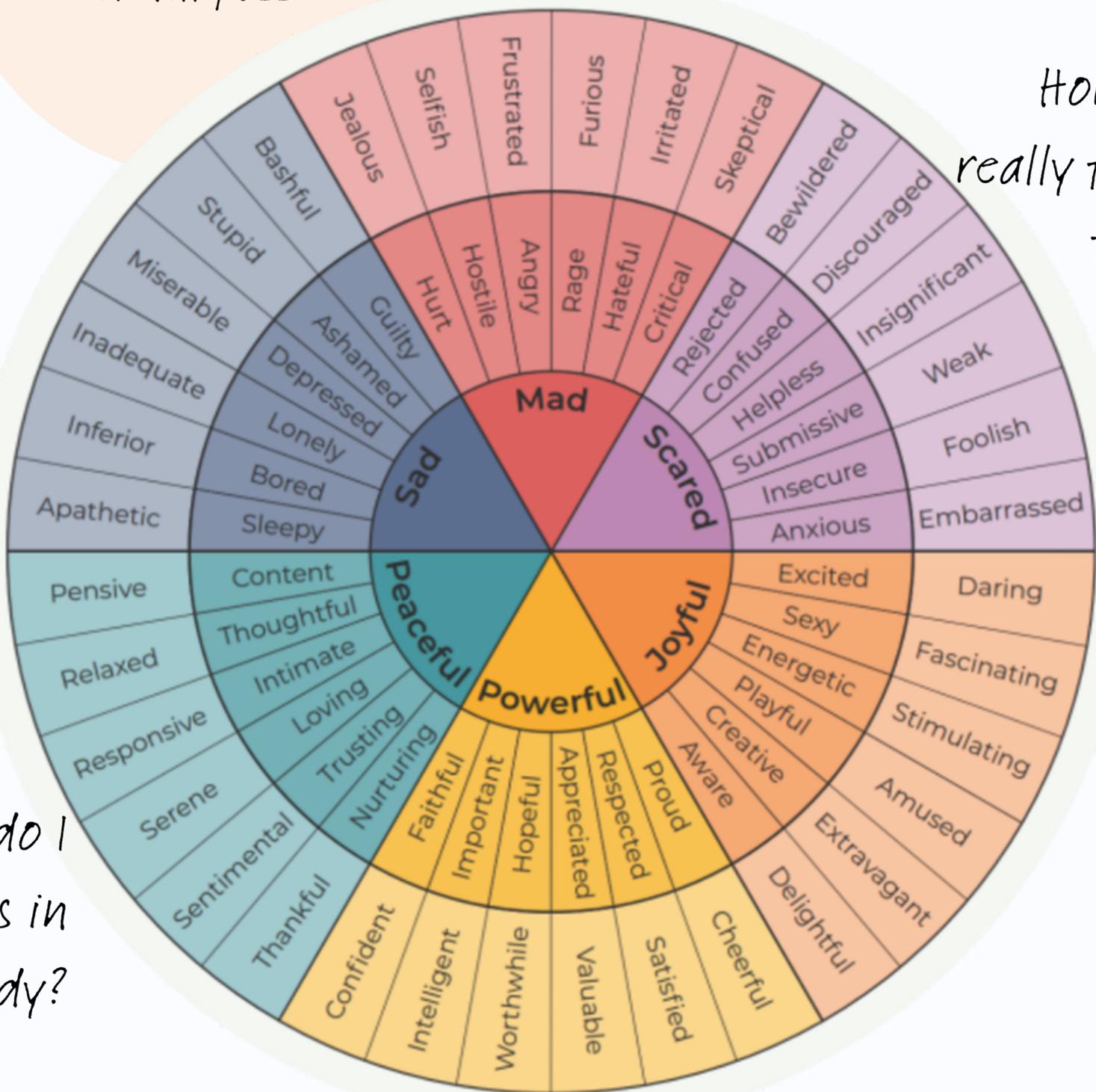
Mindfulness is a traditional Buddhist practice of cultivating present moment awareness without judgment.

Naming emotions

To accept and name an emotion can help soften the intensity of feeling it. It's not only the harder to feel emotions but all that we feel. You can practise by:

- Journalling
- Naming it out loud in the moment
- Talking about your feelings with a safe person

The initial emotion felt in the body lasts for only 90 seconds, if you feel it fully it will pass.



How am I really feeling today?

Where do I feel this in my body?

Emotional awareness will help you notice when you are becoming dysregulated, and improve overall well-being.

Try when feeling any emotion, practise will help it feel more natural

IF YOU HAVE SOME SPARE PENNIES:

Bowen therapy

A gentle, hands-on therapy that uses rolling motions over the skin to stimulate the body's natural healing processes.

The therapy involves a light touch, with the therapist using their thumbs and fingers to make small, rolling moves over the skin, muscles, and tendons (fascia) and stimulate the Parasympathetic Nervous System (PNS).

Vitamins/Supplements

Probiotics and Omega 3

can increase gut health and support healthy nervous system function.

Vitamins B1, B6, and B12

work together to energise nerves, repair nerve fibres, and protect nerves.

Magnesium, Potassium and Calcium

play vital roles in regulating nerve transmission and protect nerve cells from damage.

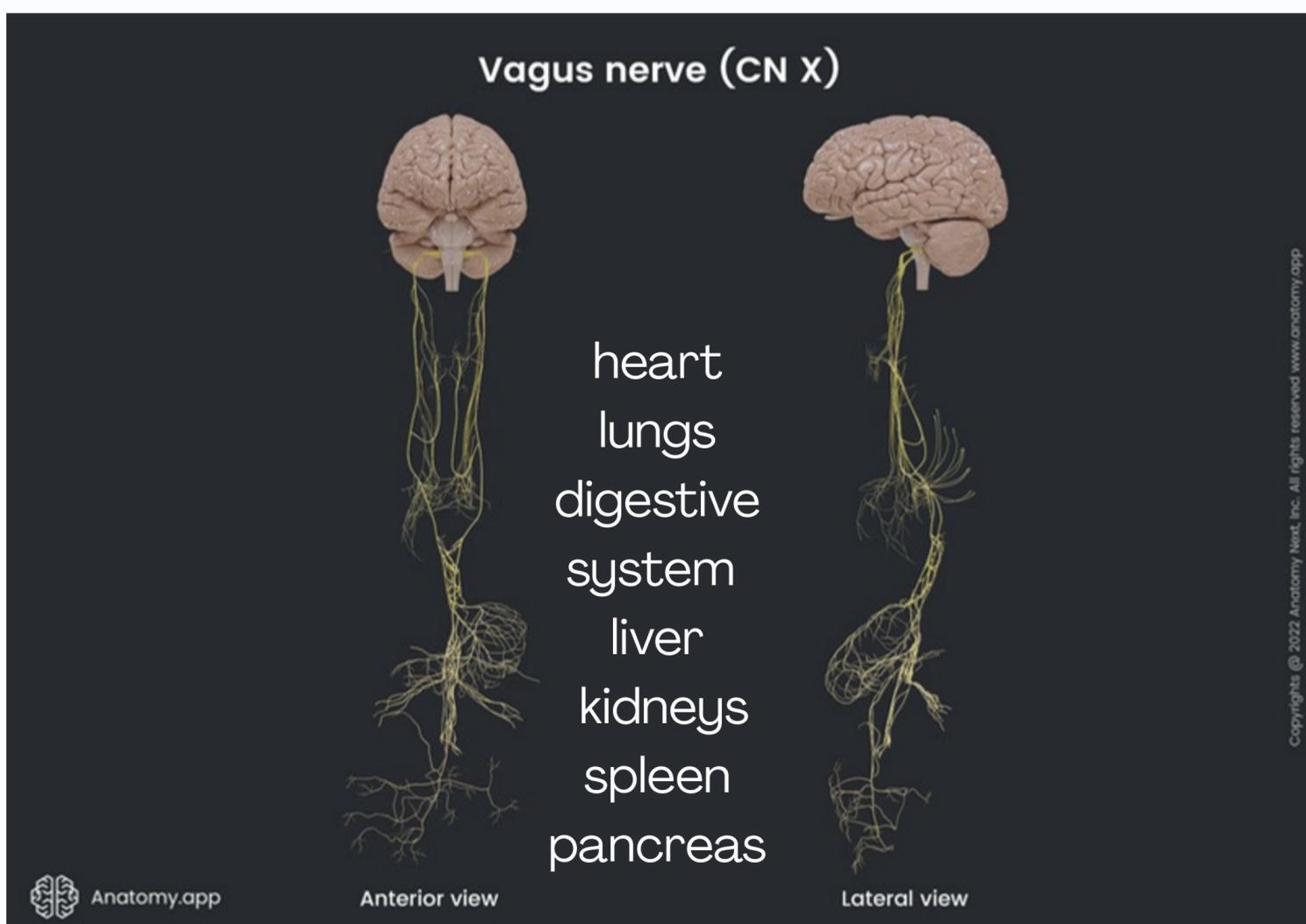
The **enteric part** of the autonomic nervous system is the link from gut to brain, this system regulates digestion, release of hormones and enzymes and fluids as well as blood flow to the digestive organs.

VAGAL TONE

75% of all nerve fibres that stimulate relaxation travel along the vagus nerve.

The vagus nerve is the longest nerve in the body, linking brain to organs and when it picks up disturbances it can impact these organ systems.

e.g. stomach ache, diarrhoea, constipation etc.



HIGH VAGAL TONE =
higher capacity for stress, change and challenge, as well as, rest, recharge and recovery

LOW VAGAL TONE
means the opposite =
easier to become dysregulated



VAGAL TONE IS THE STRENGTHENING OF THE SELF-REGULATION MUSCLE



The following tools will help to strengthen your vagal tone, working alongside your regulation toolkit.

A huge factor in vagal tone health is your **gut health**, keeping track on what you eat and how it makes you feel can be powerful to notice.

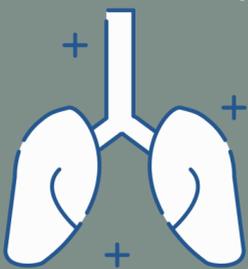
This is not diet culture, but conscious eating.

Exercise and movement

There are many forms of exercise and movement that aid regulation and fundamentally the brain-body relationship, the best thing to do is **something you enjoy**.

RUNNING
CYCLING
SWIMMING
WEIGHTLIFTING
YOGA
TAI CHI
WALKING
DANCING

*The key is deep
diaphragmatic
breathing*



Try to move everyday and
exercise 3 times per week

Laughter

Laughing not only **relaxes your body** through deep diaphragmatic breathing, stimulating the vagus nerve, it also releases oxytocin (the love and connection hormone).

It has also been proven that hearing others laughing might produce a relaxing effect increasing parasympathetic nervous activity (howdy, rest and digest).

This one needs no 'practising' only watching something that, or meeting that person who, makes you pee your pants laughing!

Humming or singing

The vibrations created by humming or singing will stimulate your vagus nerve.

You wouldn't sing if you were in danger, so this is a great way to get into rest and digest, too.

Extra points for humming or singing your favourite song.

As much as you like, every day if you can

JUICY BONUS:

SINGING PRODUCES SEROTONIN, DOPAMINE AND ENDORPHINS - YOUR HAPPY HORMONES!

Self massage

Self massaging your inner and outer ear has direct links to your vagus nerve, using soft circular motions in and around your ear as well as around the ear itself will stimulate the vagus nerve and calm the body.



Massaging your feet is not only a treat, it reaches the root nerves in the feet that link all the way up through the legs and hips.

Whenever you have a chance to touch
your ears and be off your feet

(Other areas of body allowed - go with what feels good)

Cold water exposure

If you want to ramp up use into daily routine you can apply a cold water shower before and/or after your normal warm/hot one. The best places to apply is the lower legs, arms, chest and upper back and face.

You do not have to Wim Hof your way through this:

! Do not breathe fast (hello fight or flight).

• *Breathe slow, and increase the time
as your body gets used to it.*

This is easiest to do between
April - October

THE 3 STATES

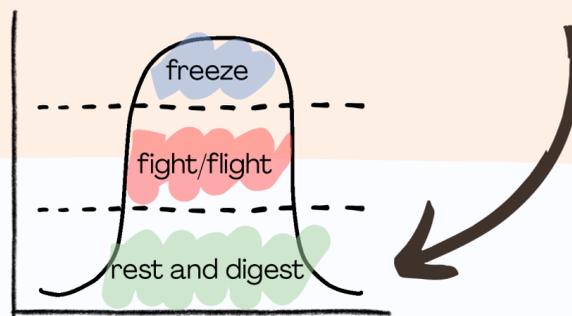
There are 3 states of the
AUTONOMIC NERVOUS SYSTEM (ANS)

All nervous system states are human nature and there is **no shame** in being in any of the states, they all have purpose for our survival.

To have somatic self-awareness is to know how you feel in each state and what that means for your body.

LET'S JUMP IN, BOTTOM UP

WHAT'S VENTRAL VAGAL?



POLYVAGAL THEORY
Stephen Porges

Rest and digest... sounds good, doesn't it?

It does feel good, although a little alien if you're **not used** to feeling it.



In this state, **your body feels safe.**

Your heart rate slows, your breath deepens, and you're able to **connect** with yourself and others in a **grounded, present** way.

You might experience one or more of the following when in this state — and it can vary each time.



CALM

A state of inner peace and serenity, allowing for clear thinking and emotional regulation.



CURIOUS

A non-judgmental and open-minded approach to understanding your internal experiences and the different parts of yourself.



COMPASSIONATE

The ability to offer kindness, understanding, and acceptance towards yourself and your internal parts, even those that are struggling.



CONFIDENT

A sense of trust in your own abilities and inner wisdom.



CREATIVE

The capacity to approach situations and be flexible in your approach.



COURAGEOUS

The strength to face difficult emotions, experiences, and challenges without avoidance/suppression.



CLEAR

The ability to see things as they are, with clarity and giving yourself and others grace and space.



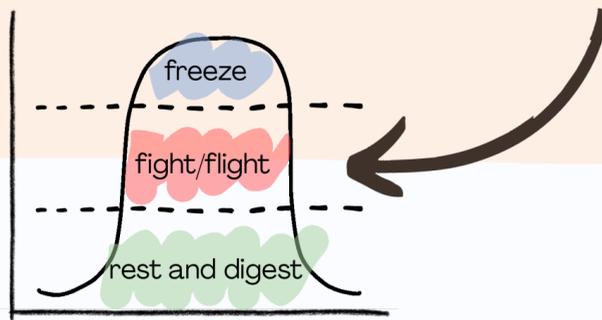
CONNECTED

A sense of belonging, unity, and wholeness within yourself and with others.

THE 8 C'S,

Internal Family Systems

WHAT'S SYMPATHETIC?



We **need** fight or flight (or fawn) when we are unsafe.
It's your nervous system reading the environment and telling your brain it is not safe.



FIGHT

- rage
- clenched jaw
- tight fists
- raised voice
- glaring eyes
- want to strike out
- irritability
- defensiveness
- need to control
- nausea or knot in stomach
- violent thoughts

FLIGHT



- anxiety
- inability to focus
- shallow breath
- jittery legs
- restlessness in body

FAWN



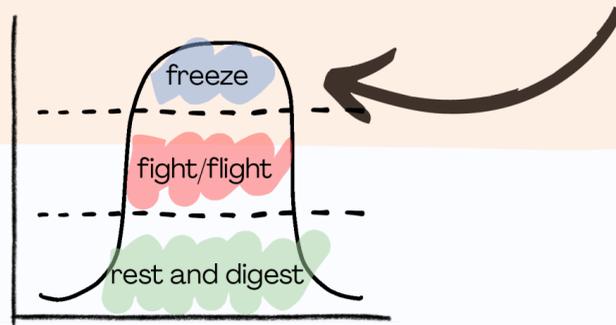
- people pleasing
- unable to find voice
- conflict avoidance
- self abandonment
- hyper vigilance
- self criticism
- tension
- inability to connect with own emotions/sensations

Fawning is a survival strategy where fight/flight or freeze doesn't work. Think 'people pleasing', agreeing to keep peace or not speaking your truth.

**SYMPATHETIC
DOMINANCE**

Your body can get stuck in this state if you keep being **dysregulated** without being able to **regulate yourself**. This is unsustainable and will arouse your nervous system into **dorsal vagal**.

WHAT'S DORSAL VAGAL?



Freeze response is a **survival state** activated by extreme overwhelm or perceived threat where the person doesn't feel they can fight or flee (or fawn).

You may feel in body and/or emotion:

FATIGUE	NUMB	MEMORY LOSS
DEPRESSION	STUCK	BRAIN FOG
LONELINESS	TRAPPED	DISSOCIATION
WITHDRAWAL	INDECISIVE	LOSS OF VOICE
RESTRICTED BREATHING		CONFUSION



If you recognise this state, be kind to yourself here, this isn't a 'bad' state. You may have learnt to be here to feel safe in your body.

Numbness, dissociation, and detachment are not bad they are adaptive strategies.

Created by the your body to ensure survival when survival felt uncertain.

If the nervous system is in freeze state long-term (chronic) you may feel numb or emotionally unavailable, it can impact relationships, work and self-perception and lead you to feel burnt out. It has been linked to autoimmune diseases (via prolonged nervous system dysregulation).

SLOW INTEGRATION

The first step of nervous system regulation is seeing yourself as your nervous system.

The next is recognising this work is slow and patient stuff. Your nervous system has wired itself **over years and countless experiences**, so give yourself grace and space whilst it learns something new.



It will take time, there will be wobbles, and that's OK.

WHAT GOES UP, MUST COME DOWN

If your nervous system is in **freeze**, it must come back through **sympathetic** (*fight/flight - think anxiety*) to get to **ventral** (*rest and digest*).

I know it doesn't feel nice, but when feeling anxious we can learn to work with it to regulate ourselves. Self awareness, baby.

GO SLOW

Go slow, take your time to feel the exercises out. There is no magic switch to 'fix' because there is nothing to fix, only an opportunity to **feel into your experience**. If something feels off, do not push through, learn to feel what feels good for you and your nervous system.

QUESTIONS

HOW LONG WILL IT TAKE?

This is a continued process, hopefully you will start to see some initial positive effects in only a few weeks, but several months is usually when you will see holistic benefits. As proposed this is a slow process and will differ person to person, the road is however long you wish to travel.

WHAT IF I DON'T LIKE AN EXERCISE?

We are all different and if something doesn't work for you, don't do it, don't wind yourself up trying to 'get it' if it doesn't feel right in your body.

WHY AREN'T WE TAUGHT THIS?

We are traditionally taught in a 'top down' (brain to body) way of thinking and doing, whereas somatic, whole body and a 'bottom up' approaches are now being recognised to play a vital role in overall health and well-being.

IS NERVOUS SYSTEM REGULATION AND VAGAL TONE THE SAME?

No, nervous system regulation and vagal tone are not the same, but they are related. Nervous system regulation refers to the overall balance and coordination of the nervous system, while vagal tone specifically refers to the activity of the vagus nerve, a major part of the parasympathetic nervous system. Vagal tone is a key component of nervous system regulation, but it's not the whole picture.

WILL THIS ADD TO MY LIST?

Taking care of yourself is part of taking care of your kids. Observe as the weeks go by what you can and can't quite fit in, what's working and look to then communicate to your support network if you need help. I know sometimes asking for help feels sticky, but it may surprise you who's there to help.

You are important.
You deserve this toolkit.
You deserve the time and space.
Your body deserves to feel safe.

ABOUT ME



I'm Naomi.

Human first, I move through life with a compassionate lens and a deep respect for the wider story each of us carries. As a mother who has experienced postpartum depression, birth trauma, and other profound life challenges, I understand how deeply the body holds our experiences. I meet you where you are, witnessing what is present, honouring how you feel, and learning alongside you with care and steadiness.

I am deeply passionate about helping others feel seen and supported, because I believe every human deserves this in their life. In recent years, I have immersed myself in practising the regulation techniques I now share in my eBook, experiencing profound shifts in my parenting, relationships, and overall wellbeing.

I hold a BA (Hons) in Early Childhood Education and Qualified Teacher Status, and have further studied in Understanding Children's Mental Health. Most recently, I qualified as a **Trauma-Informed Somatic Counsellor**, bringing together education, lived experience, and body-based therapeutic practice in my work.

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LAST THING

If you have gotten this far, thank you, and well done.

Some of this information can be hard to digest and a bit on the science-y side. I wholly appreciate you wanting to help yourself for you, as well as for everyone around you.

I want to ensure I am clear in saying all nervous system states are useful, needed and valuable. As a human being in the modern world you need to be able to detect threats and notice your body in fight or flight, or freeze. Unfortunately, sometimes your body doesn't know that your toddler screaming because you gave them the wrong yoghurt flavour isn't an actual threat. Step in regulation toolkit!

The aim isn't to be regulated all the time, it's to have awareness of the state you're in and be able to regulate yourself when you need to, and be able to co-regulate with your children when they need you.

OFFERINGS/REFLECTIONS

SELF REFLECTION 1:

Write a few words on each nervous system state,

“How do I feel in”:

- REST AND DIGEST**
- FIGHT OR FLIGHT**
- FREEZE**

There is no right or wrong answer, as everyone will have their own experience. Use this knowledge to feel compassion for yourself that your nervous system has been wired that way and with time and practise, this can be rewired to better deal with life's stresses.

SELF REFLECTION 2:

It might be helpful to notice when you feel most dysregulated by observing yourself:

- Where are you in your menstrual cycle?
- What time of day?
- Who is around you?
- Where are you?

ALTERNATE OFFERINGS:

Other wonderful techniques to help regulate:

- Tapping (EFT, TFT)
- Meditation
- Pressure points (somatic)

Life is life, and it will carry on life-ing, hiccups will occur, and if you drop from daily practise (I do, too) you can ALWAYS pick it back up, when it fits.

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