



Nervous  
System Reset  
and  
Somatic Healing  
Exercises

**Dear Beautiful Soul, thank you for  
downloading the Nervous System  
healing booklet.**

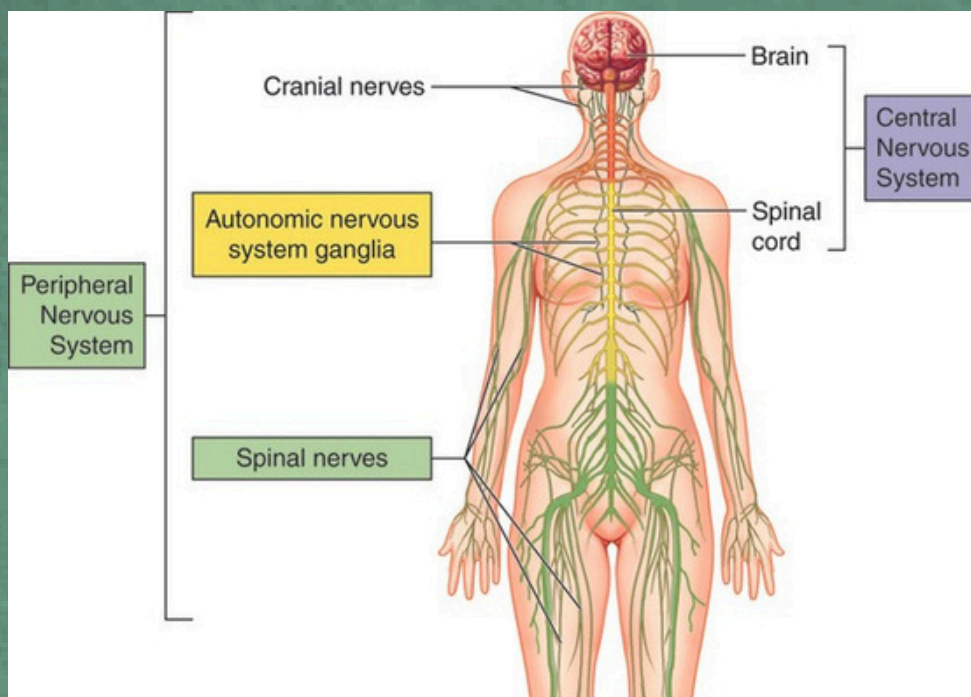
**The contents include information on  
how the nervous system works, how it  
can break down and some practical  
ways to reset it.**

**These tried and tested ways are  
guaranteed to help you.**

**With Love**

**Emma  
at  
Sacred  
Alchemy**





## The Nervous system

You have probably heard of the fight-or-flight response, which describes our impulse to defend ourselves or run until we reach safety.

This is part of the window-of-tolerance model, but it's not quite the whole picture. Let's start with understanding a regulated nervous system.

A regulated nervous system experiences a stress and calming response throughout the course of a given day. Perhaps you are driving and someone brakes unexpectedly ahead of you; when your nervous

system is regulated you will feel some stress, but once your body feels safe and you are able to act in a way to ensure your safety (i.e., press your own brakes), your system will calm back to baseline. Dr. Dan Siegel of UCLA coined the term "window of tolerance" to describe this space in which we can regulate ourselves without too much effort. Narcissistic abuse will ensure we are stuck outside of that tolerance flooding our system with cortisol and adrenaline leading to NS failure.

You will have felt some of these fluctuations in your system, for example when rushing to get somewhere and relaxing when you arrive on time, before and after a job interview or doing a task for the first time. Next we'll explore what happens to the nervous system when a traumatic experience enters the picture. Trauma pushes the activation of the nervous system beyond its ability to self-regulate. When a stressful experience pushes the system beyond its limits, it can become stuck on "on." When a system is overstimulated like this, we can experience anxiety, panic, anger, hyperactivity, and restlessness. This is the fight-or-flight mode; your body is activated and ready to move.

Some nervous systems will stay here, while others will dip below the normal range and become stuck on "off." Below the window of tolerance we see symptoms of depression, fatigue, disconnection, and lethargy. Systems can get stuck above or below the line for prolonged periods of time, or they can transfer between the two. It is possible to become addicted to cortisol and adrenaline, without it you don't feel 'right' this is due to amount of receptors in brain begging for a fix, just like what happens with nicotine, it will take time for those receptors to die off even though you have reset your system.

**Fight:** facing any perceived threat aggressively.

*Signs of being in a Fight response include:*

- Tight jaw or grinding of the teeth.
- Urge to punch someone or something.
- Feeling intense anger or killing someone, even yourself.
- Desire to stomp or kick.
- Crying.
- Glaring at people, conserving angrily.
- Upset stomach, feels like knots or burning.
- Attacking the source of the danger.

**Fawn:** immediately acting to try to please to avoid any conflict.

*Signs of being in a Fawn response include:*

- One may use the fawn response after unsuccessfully trying fight, flight, and freeze.
- The fawn response is typically prominent in people who grew up in abusive families or situations.
- If you are an abused child with narcissistic parents, the only hope of survival would probably be agreement and helpfulness.
- Over time, you can recognise this by realizing that regardless of how poorly a person treats you, you are more concerned with making them happy than taking care of yourself



**Freeze:** unable to move or act against a threat.

*Signs of being in a Freeze response include:*

- Pale skin.
- Sense of dread.
- Feeling stiff, heavy, cold, numb.
- Loud, pounding heart.
- Decreasing in heart rate.
- Sensing tolerated stress.

**Flight:** running away from danger.  
*Signs of being in Flight response include:*

- Excessively exercising.
- Feeling fidgety or tense or trapped.
- Constantly moving legs, feet, and arms.
- Restless body that will not stop moving.
- Sensation of numbness in extremities.
- Dilated eyes, darting eyes.

**The autonomic nervous system** plays a significant role in our emotional and physiological responses to stress and trauma. The ANS has two primary systems: the sympathetic nervous system and the *parasympathetic nervous system*.

**The Sympathetic nervous system** is associated with the fight or flight response and the release of cortisol throughout the bloodstream. This is triggered by a stressful or traumatic event.

**The Parasympathetic nervous system** puts the brakes on the sympathetic nervous system, so the body stops releasing stress chemicals and shifts toward relaxation, digestion, and regeneration. The sympathetic and parasympathetic nervous systems are meant to work in a rhythmic alternation that supports and promotes mental well-being, healthy digestion, good sleep and immune system functioning.

**The somatic nervous system** (relating to only the body as opposed to the mind) voluntary nervous system is the part of the peripheral nervous system associated with the voluntary control of body movements via skeletal muscles.

The somatic nervous system consists of sensory nerves carrying afferent nerve fibres, which relay sensation from the body to the central nervous system (CNS), and motor nerves carrying efferent nerve fibres, which relay motor commands from the CNS to stimulate muscle contraction. (Conscious and unconscious movements).

### *Nervous System Re-set with Somatic Healing*

Constant stressful events that are not regulated or Traumatic events that are not dealt with will override the balance between the parasympathetic and the sympathetic system.

Our collective nervous system remembers the trauma that we have buried and forgotten, it stores the dense energy created by the trauma. So we can often find ourselves being triggered by situations that seemingly have no relevance. Therefore reacting in flight, fight, freeze and fawn without the presence of any actual threat or imminent danger.

As we have discussed previously trauma can be stored in the body and in the mind.

It is helpful when recovering from trauma that we consider specific healing of the body, also known as somatic healing.

The following Exercises linked below can help reset the nervous system and bring balance between the parasympathetic and the sympathetic Nervous systems, they can also release stored trauma from the body and bring balance to stressful lifestyles that are unavoidable.

*Nervous System:* ✨ <https://youtu.be/EBeQ4lOSmk0>

*Before you begin please ensure that you:*

Watch through this video before attempting the movements.

Only use the range of motion that is comfortable for you, do not attempt to push past.

These movements have be performed on the floor however a chair can be used for some if needed.

Given your self a moment and get up slowly when you have finished.

Please use caution and your own discernment.

*Somatic Healing:* ✨ <https://youtu.be/YwaGtho-eoU>

*Before you begin please ensure that you:*

Watch through this video before attempting the movements.

Only use the range of motion that is comfortable for you, do not attempt to push past.

These movements have be performed on the floor however, you can do these movements laying on your bed if that is more comfortable and a chair can be used for the last movement if needed.

Given your self a moment and get up slowly when you have finished.

Please use caution and your own discernment.

**Let us know how you found this resource**

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