

# Calm & Resilient: Nervous System Mastery

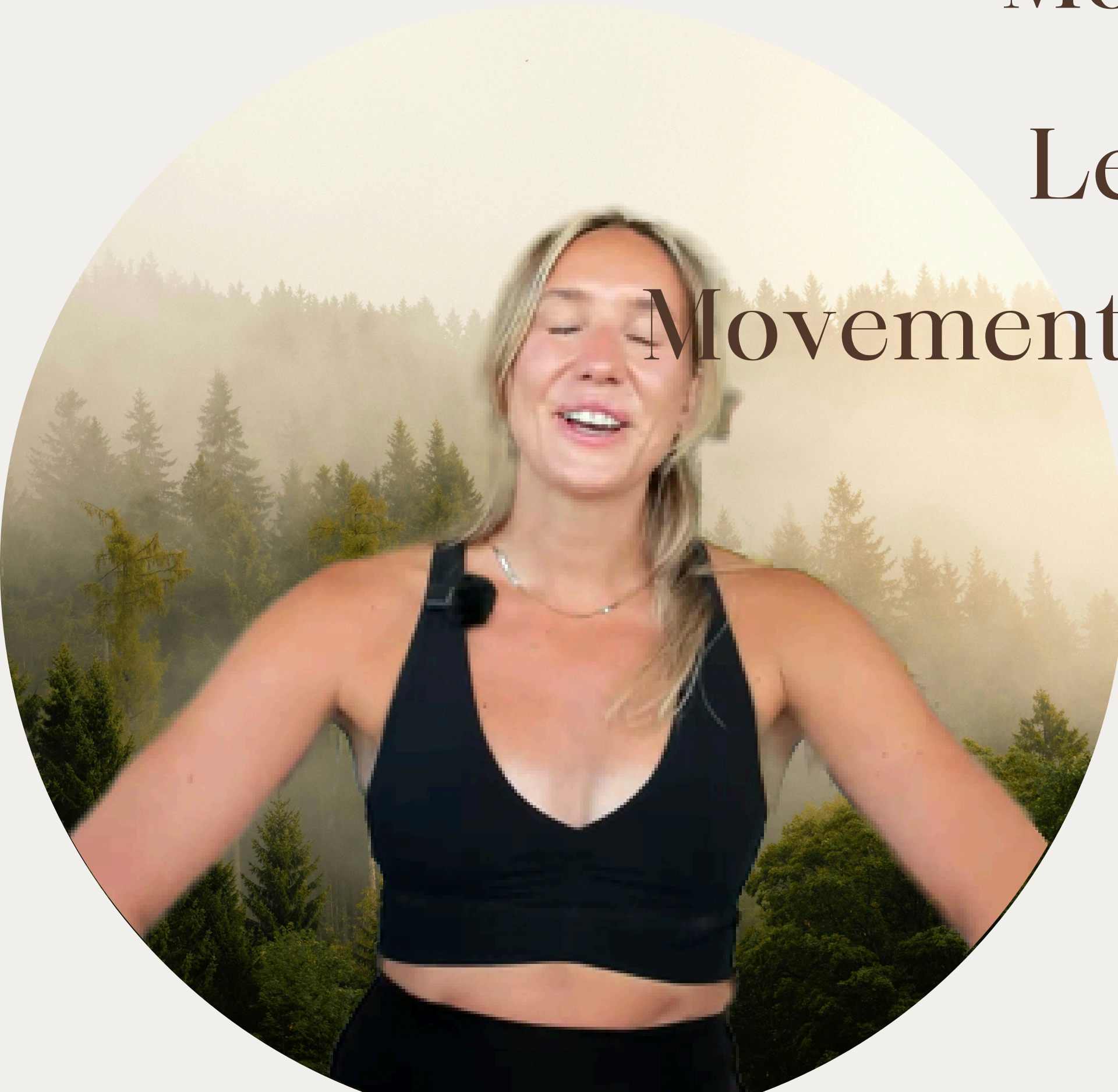
LEARN THE SCIENCE AND DAILY  
HABITS TO MOVE FROM SURVIVAL  
MODE TO CALM, GROUNDED LIVING



# Module 5:

## Lesson 1.

# Movement for Regulation



# Movement For Regulation

**Why movement is essential for stress  
release + nervous system balance**



# Stress is physical

- Adrenaline
- Cortisol
- Muscle tension
- Faster breath
- Stored energy



# Movement completes the stress cycle

- Discharges energy
- Lowers cortisol
- Signals safety
- Polyvagal Theory (fight/flight/freeze - rest/digest)



# How Animals Discharge Stress (and Why Humans Don't)

## The Polyvagal Theory

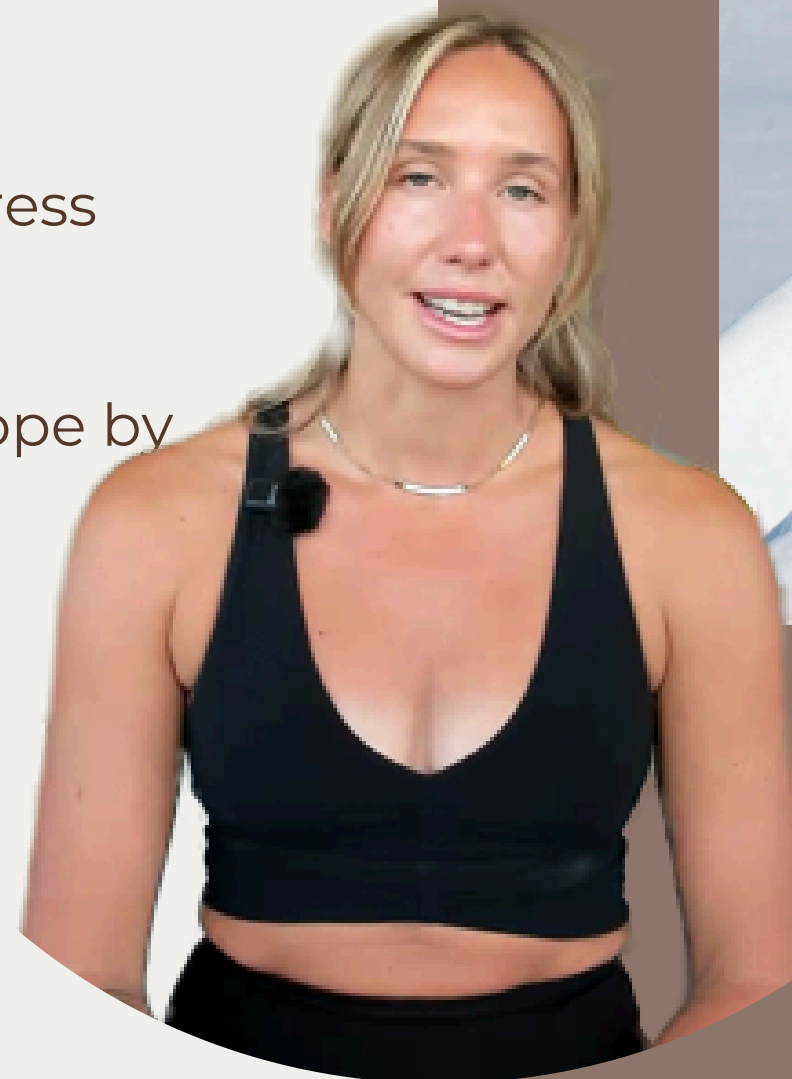
- In the wild, animals freeze when danger strikes.
- Once the threat passes, they shake to discharge stress energy.
- Humans freeze too — but instead of shaking, we cope by scrolling, eating, working, or numbing.
- Unreleased stress gets stored in the body.
- Somatic movement helps us complete the cycle.



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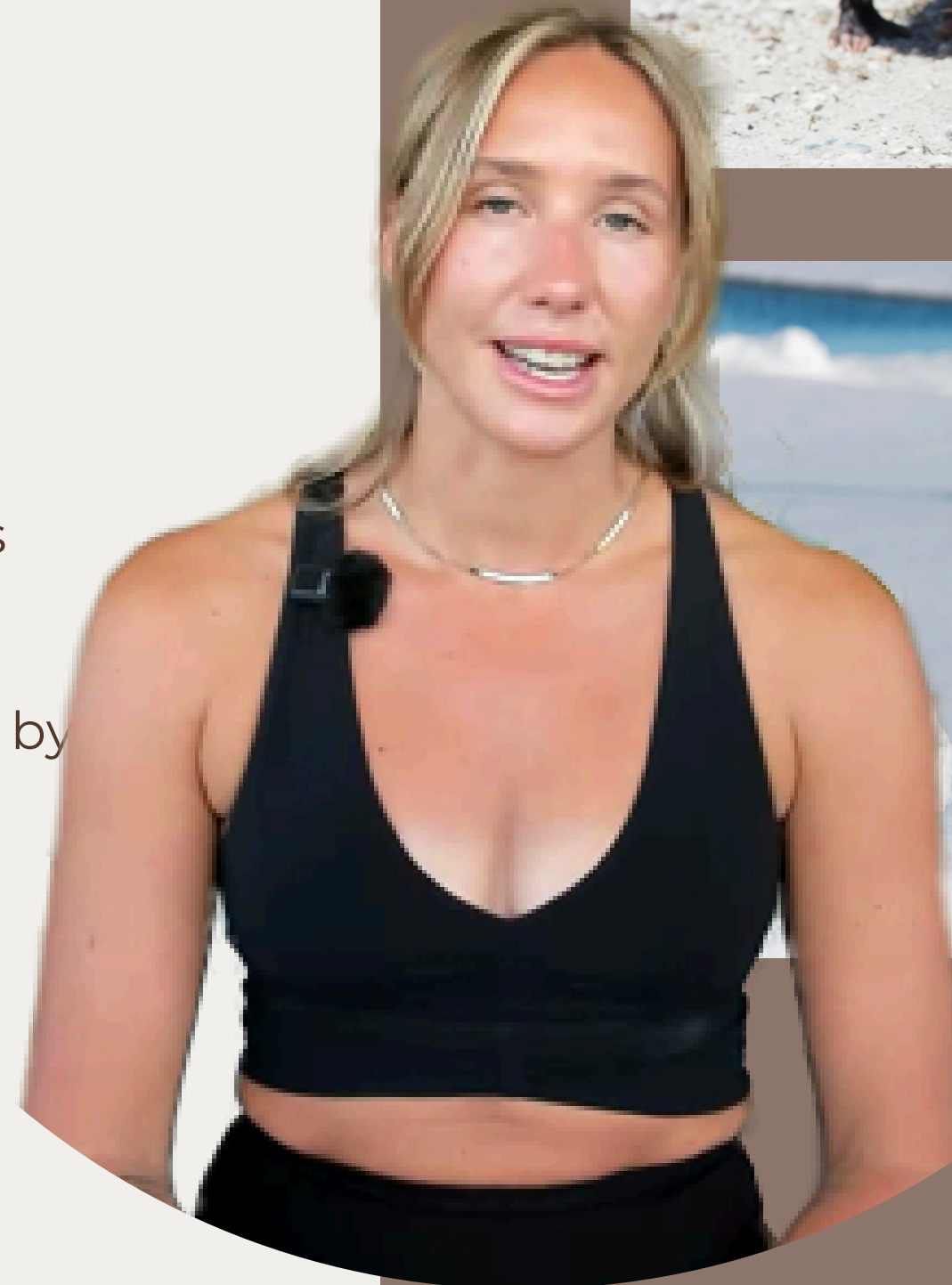
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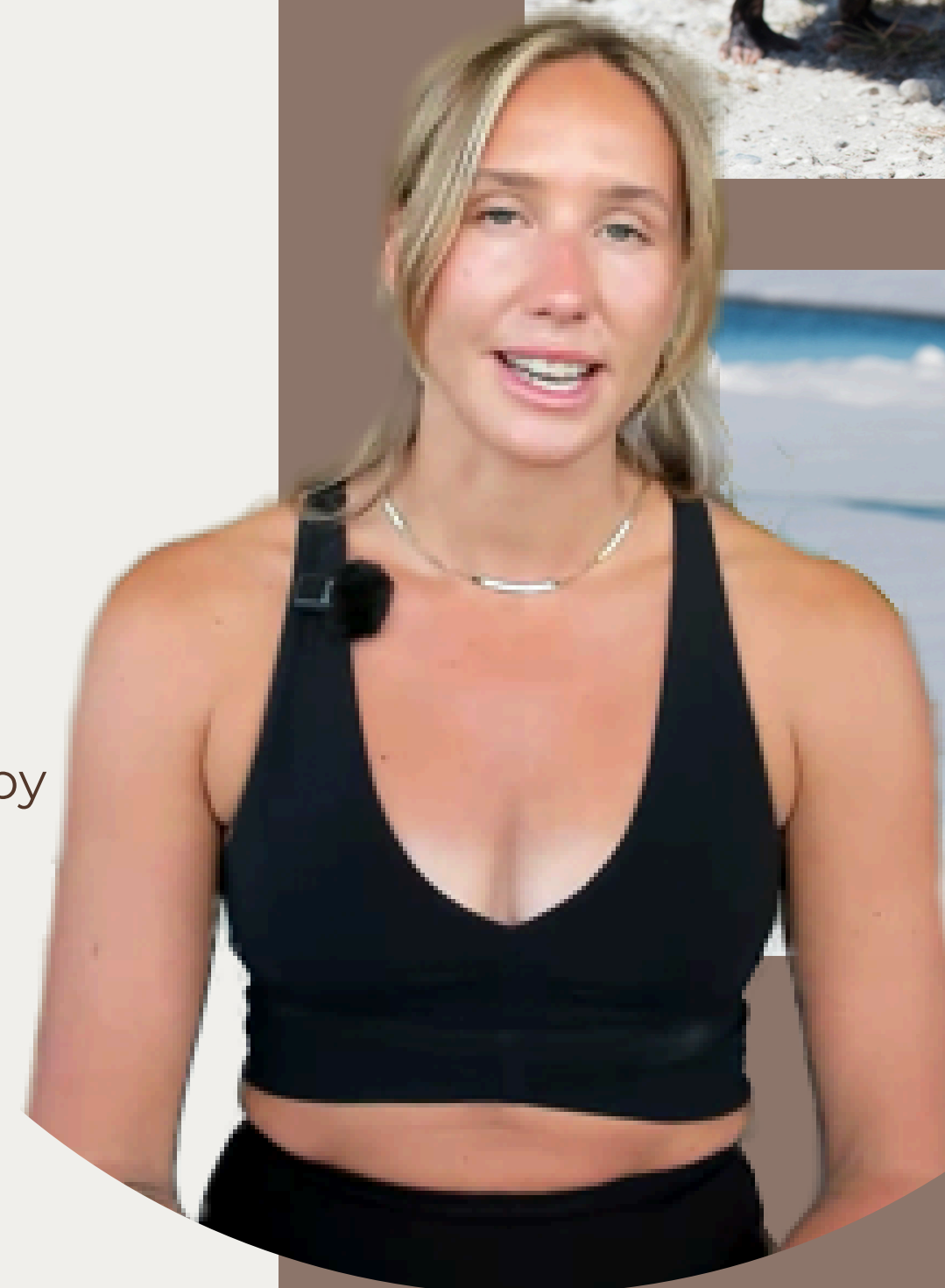
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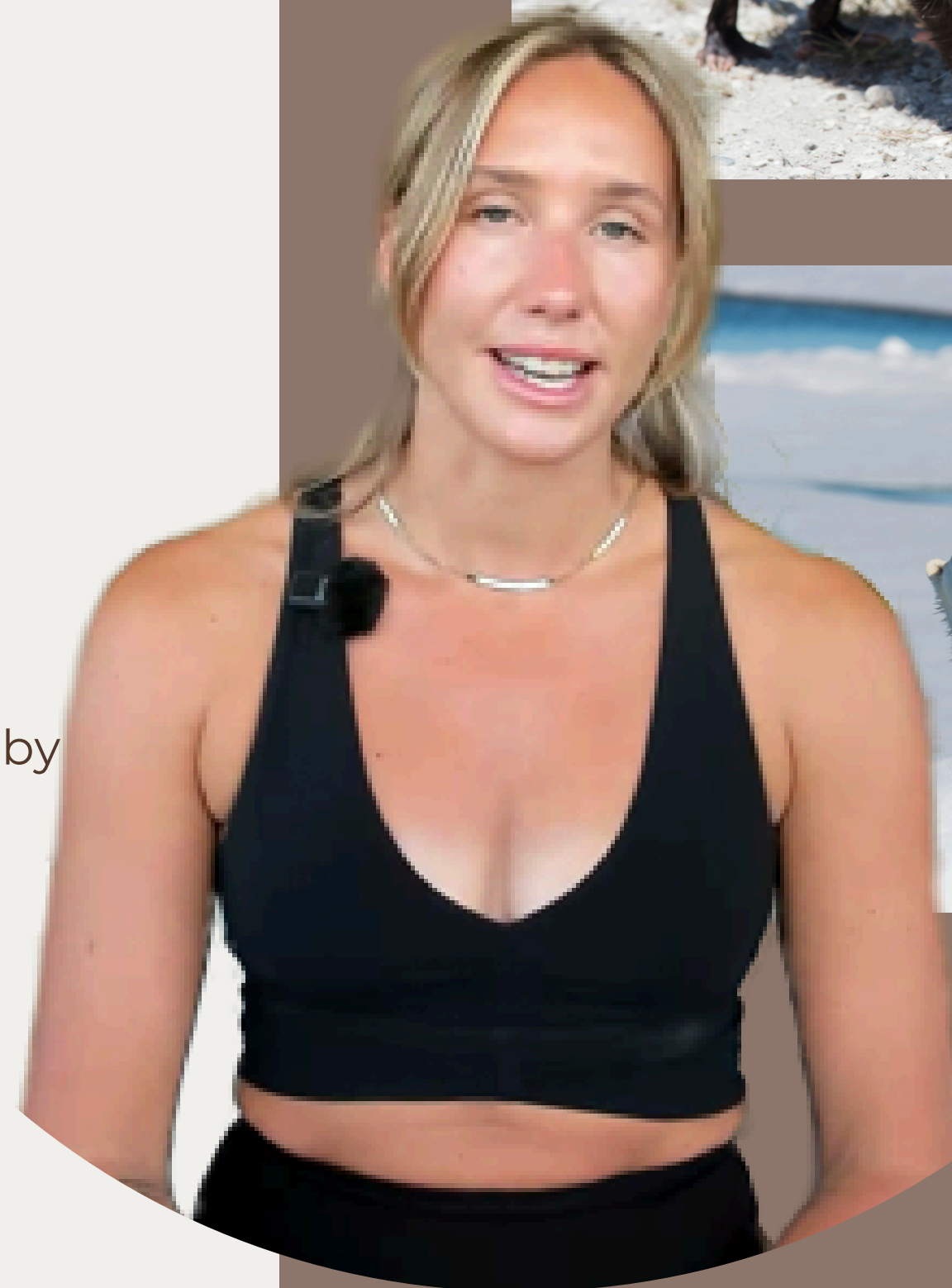
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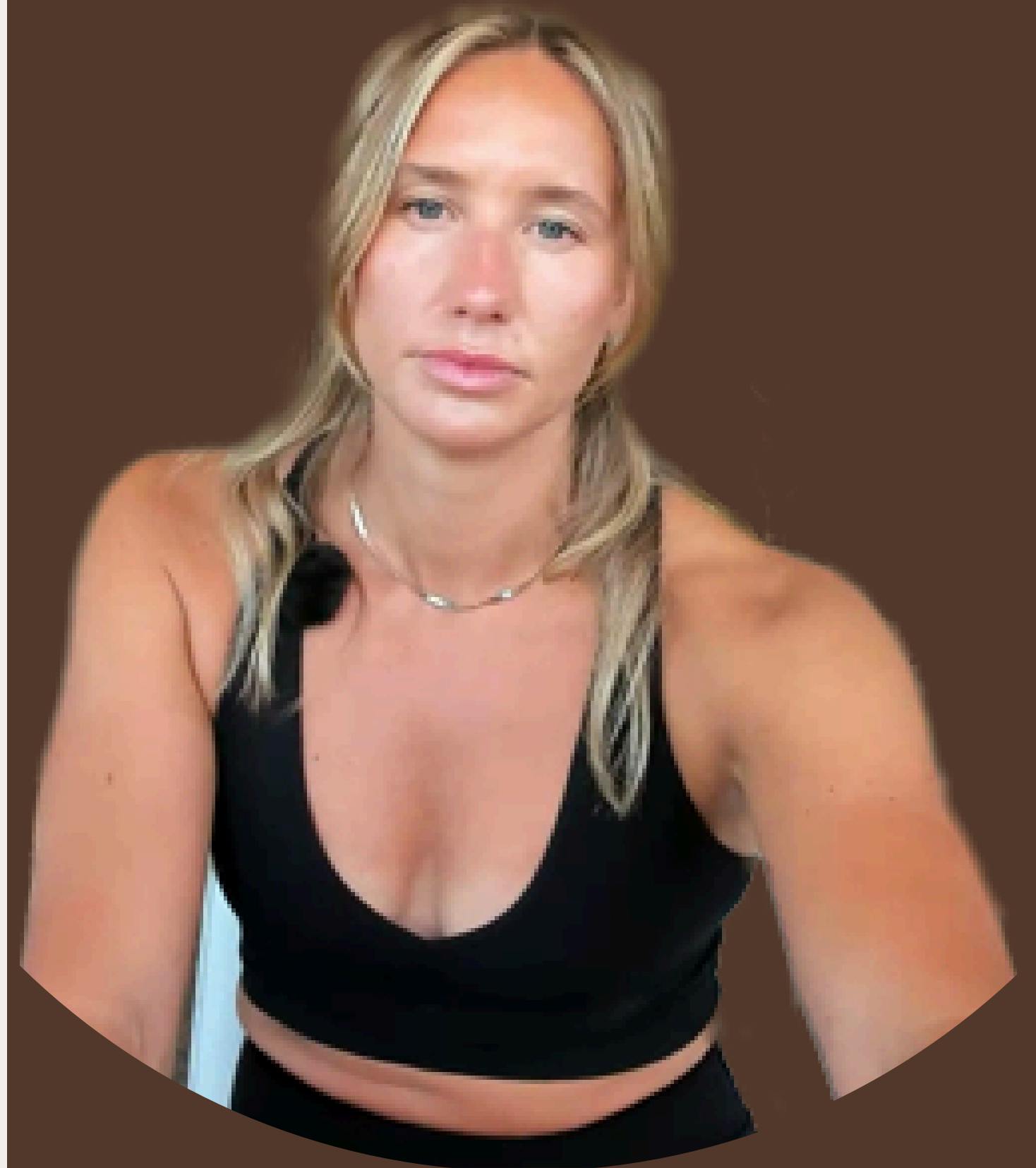
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# Two types of movement

- Regulating movement
- Discharging movement



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- Regulating movement
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# How often should you move?

- Daily light movement
- Occasional stress-discharge movement
- Depending on fitness goals the amount of movement you do in your day will vary - but through the lens of Nervous System Regulation, daily light movement is the goal



# Mindful vs mindless movement

Mindful = deeper regulation (even when you lift heavy)

Mindless = pushing through or forcing without listening to your state



# Summary

- **Why movement is important for Nervous System Regulation**
- **What happens in our bodies when we don't discharge stress**
- **PolyVagal Theory**
- **Mindful vs mindless movement**



# Homework

- **In the next lessons you will learn tools to apply to your daily life - pick one, two or three and try them this week**
- **Join me for 2 virtual sculpting pilates classes (Lesson 3+4 )**