

Calm & Resilient: Nervous System Mastery

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



Module 1:

Lesson 1.

Understanding Your Nervous System - The science behind stress + calm



Your Nervous System in Action

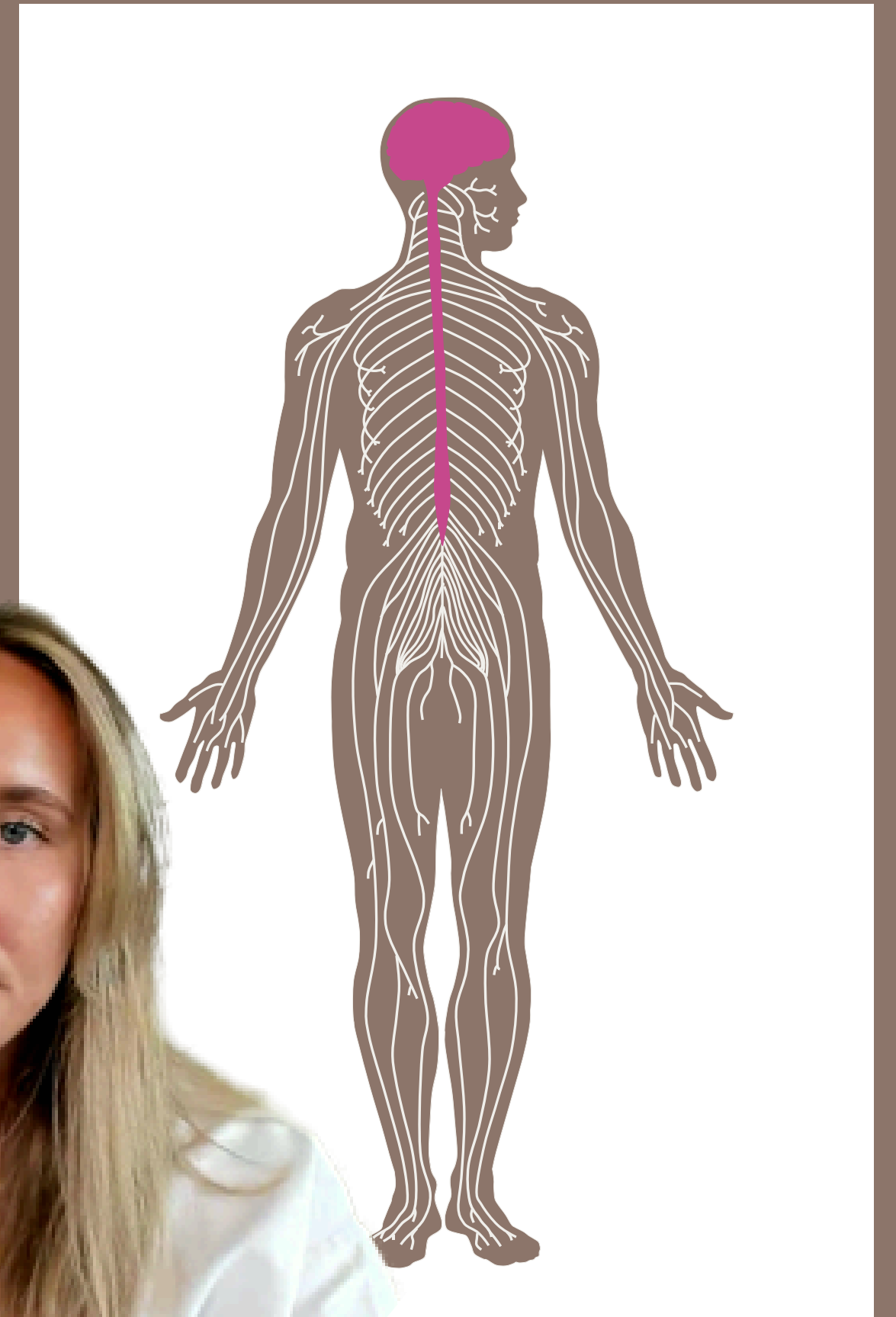
Your body's communication network

Connecting Brain + Body

Central Nervous System (CNS) = brain + spinal cord = body's main processing center

Autonomic Nervous System (ANS) = two branches, parasympathetic + sympathetic. Controls involuntary functions, heart rate, breathing etc.

Enteric Nervous System (ENS) = gastrointestinal tract (GI-tract), Second brain in the gut.

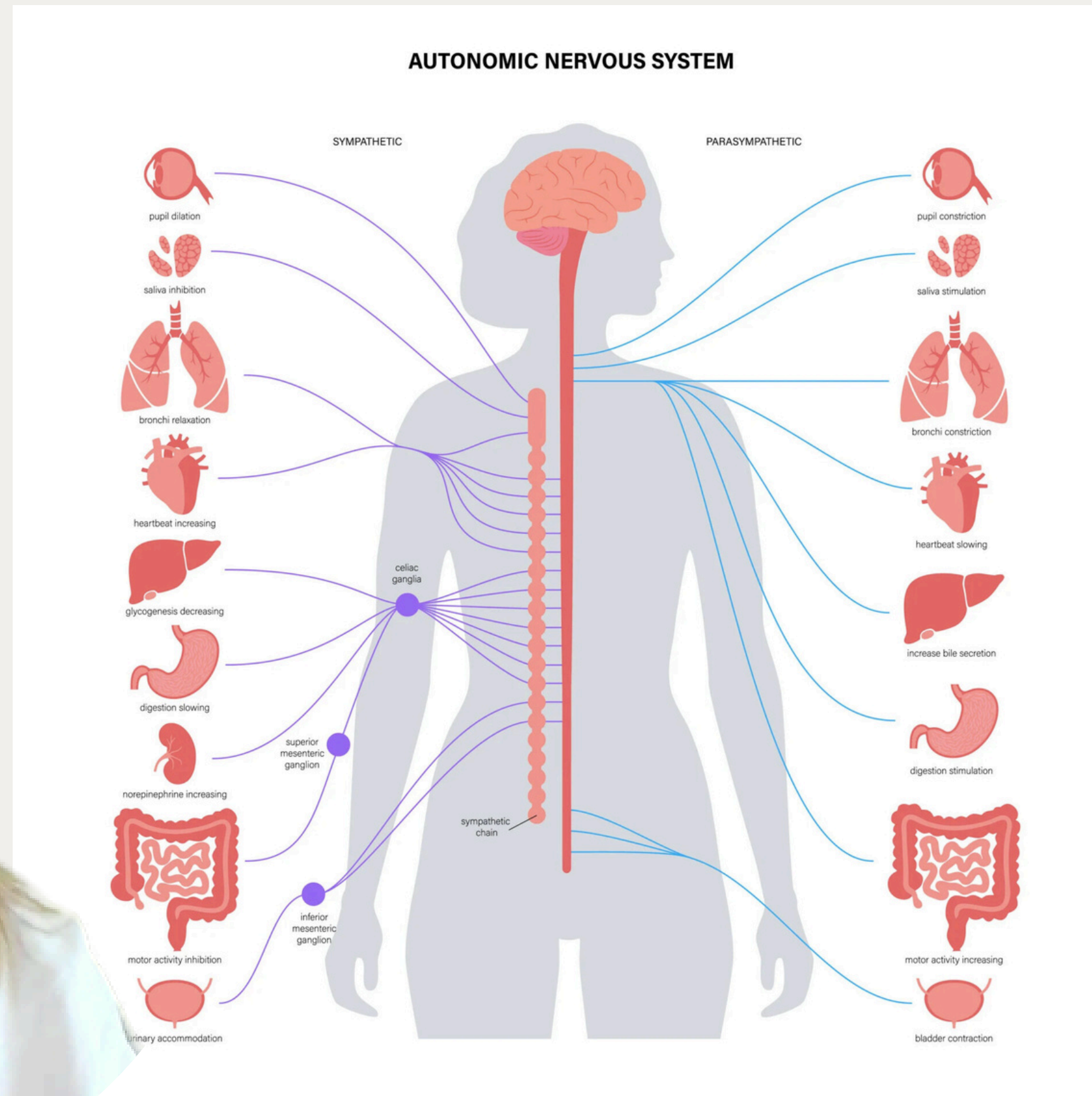


The Autonomic Nervous System

Sympathetic =
Fight / Flight / Freeze

or

Survival Mode



Parasympathetic =
Rest / Digest

Modern Life Has Us Stuck In Overdrive/Survival Mode

- **Emails**
- **Deadlines**
- **Notifications**
- **Commuting**
- **Hustle culture**
- **Lack of sleep**
- **Social Media**
- **Sedetary Lifestyles**
- **Loss of authentic connection/Loneliness**
- **Less nutritious diets/ Standard American Diet**

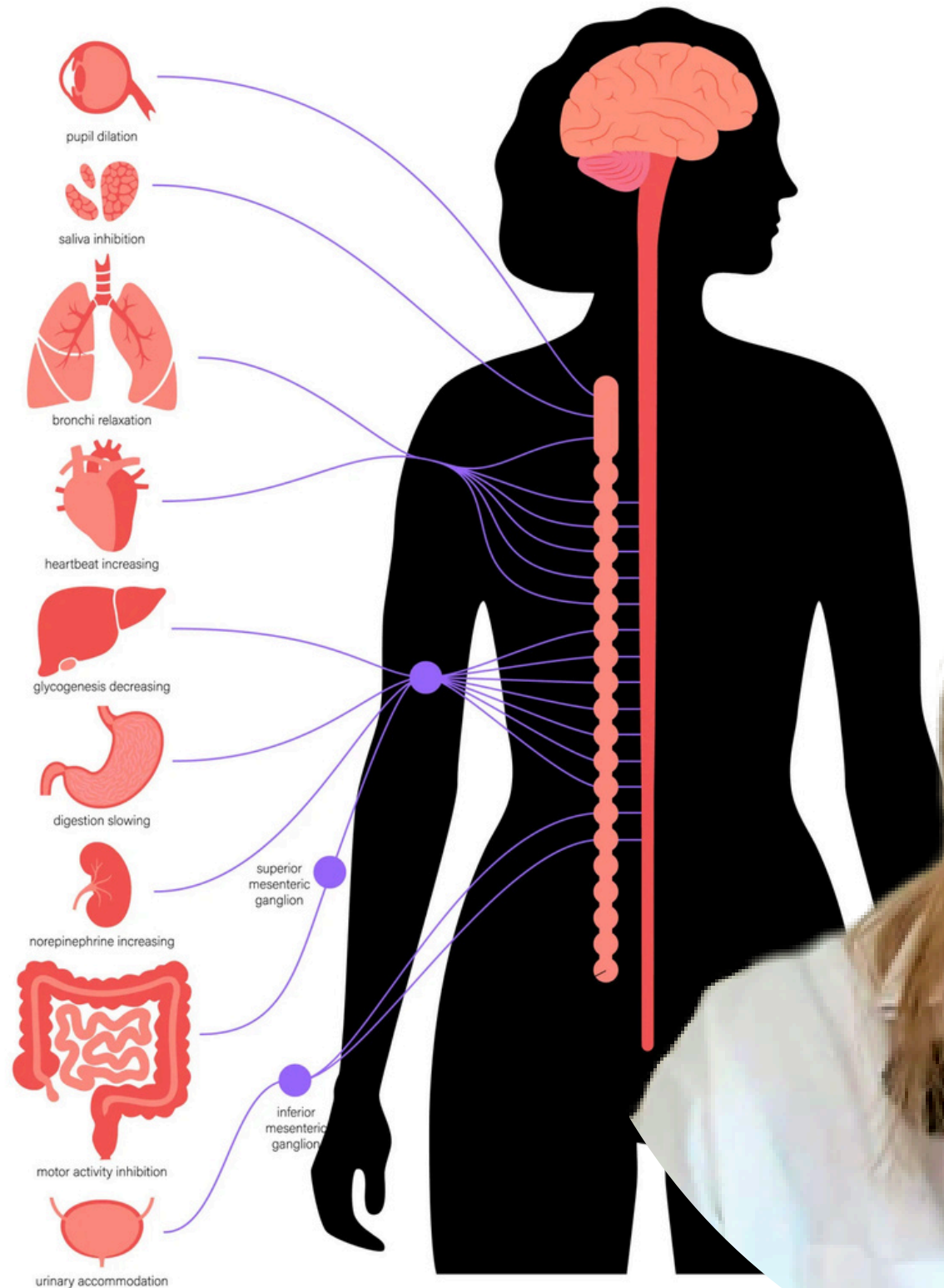


**Constant Activation of
Sympathetic Nervous System /
Fight or Flight**



Sympathetic Nervous System (SNS)

SYMPATHETIC NERVOUS SYSTEM



- Ancient automatic response (bear/lion)
- Heart rate rises/higher blood pressure
- Pupils dilate
- Stress hormones increase/spike (adrenaline, cortisol, norepinephrine)
- Too much time spent in this state, being “always ON”, leads to chronic stress
- Ability to down-regulate is integral
- Chronic stress eventually leads to burnout and other chronic illnesses
- Body wants to be in homeostatis (balance)

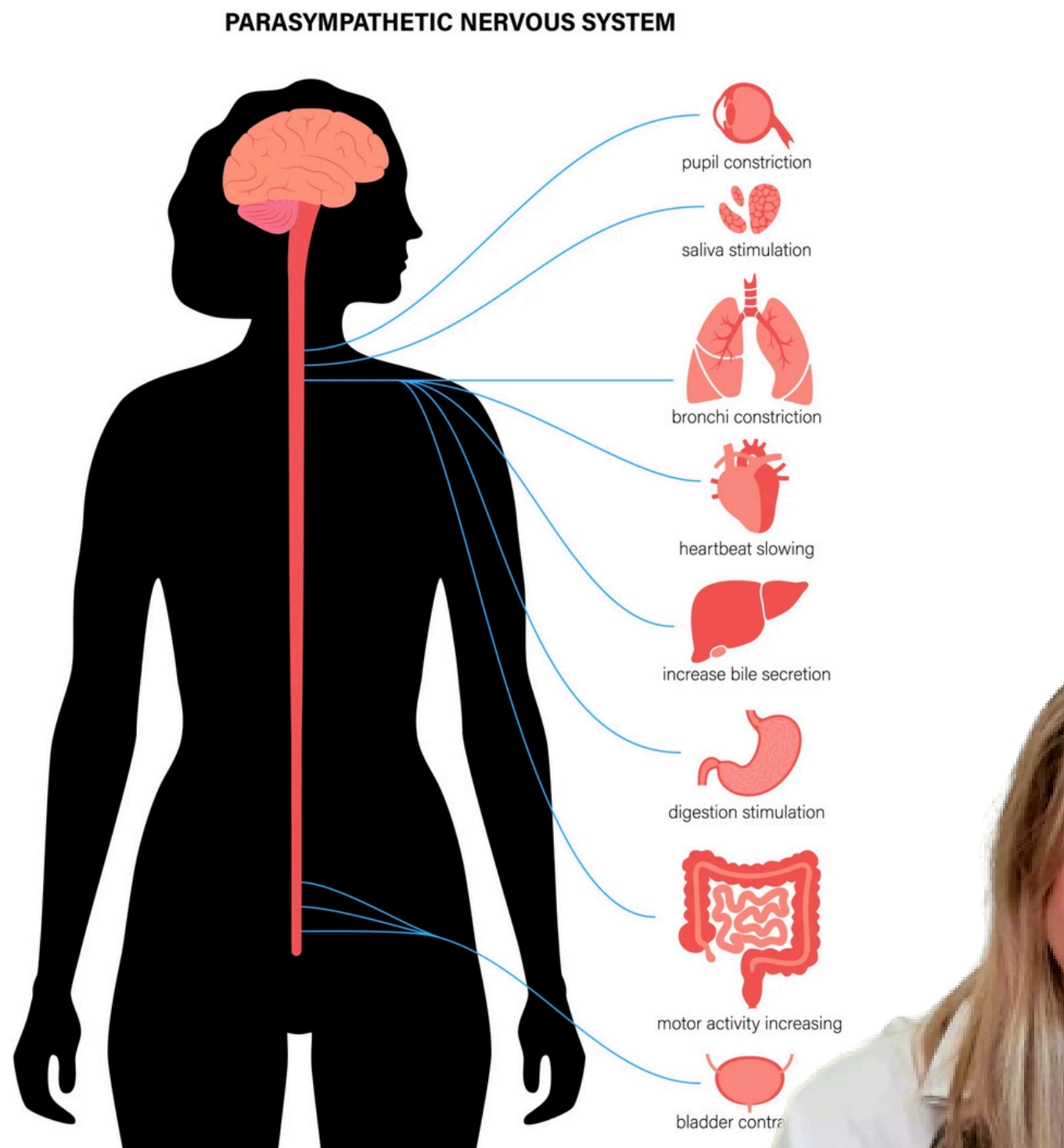


Symptoms of chronic stress

- Sore/tight neck, shoulders & jaw
- Digestive issues (bloating, diarrhea, constipation)
- Trouble falling and staying asleep
- Shallow breathing
- Emotional ups & downs
- Anxiety
- Reactivity
- Low energy
- Difficulty to focus
- Brain fog/lack of clarity in thoughts
- Relying on caffeine to function



Parasympathetic Nervous System (PSNS)



- Ancient automatic response (safety/calm)
- Slows heart rate/lowers blood pressure
- Stimulates digestion
- Recovery + rest
- Release of oxytocin, stimulates production of serotonin (happiness chemical in the gut)
- Feelings of safety, connection, calm
- We want to exist in both SNS & PSNS, and ability to down-regulate is important for wellbeing
- HRV (heart rate variability - measure of Nervous Systems activity)



“Stress exist in the body - not in the head”

Stress is not the enemy - stressors will always exist

How we relate to stress matters.

**When we understand our bodies, we can use stress
to our advantage - and grow resilient.**



Self-Test: Are you stuck in “Fight-or Flight” ?

1. How do you typically feel when you wake up in the morning?

- Refreshed and energized
- Tired but functioning
- Anxious, already thinking about your to-do list
- Exhausted, like I didn't sleep at all

2. How easy is it for you to relax or unwind at the end of the day?

- Very easy—I can relax quickly
- It takes me a while
- I have to force myself to wind down
- I feel wired and restless even when I try to relax



3. Which of these physical symptoms do you experience regularly?

(Check all that apply)

- Tension in shoulders or jaw
- Digestive issues like bloating or constipation
- Rapid heartbeat or shallow breathing
- Trouble falling or staying asleep
- None of the above

Self-Test: Are you stuck in “Fight-or Flight” ?



4. How would you describe your breathing most of the day?

- Deep and slow through the nose
- Shallow or fast
- Often through the mouth
- I haven't really noticed

5. Do you feel like you're constantly "on," even when you're trying to rest or take time off?

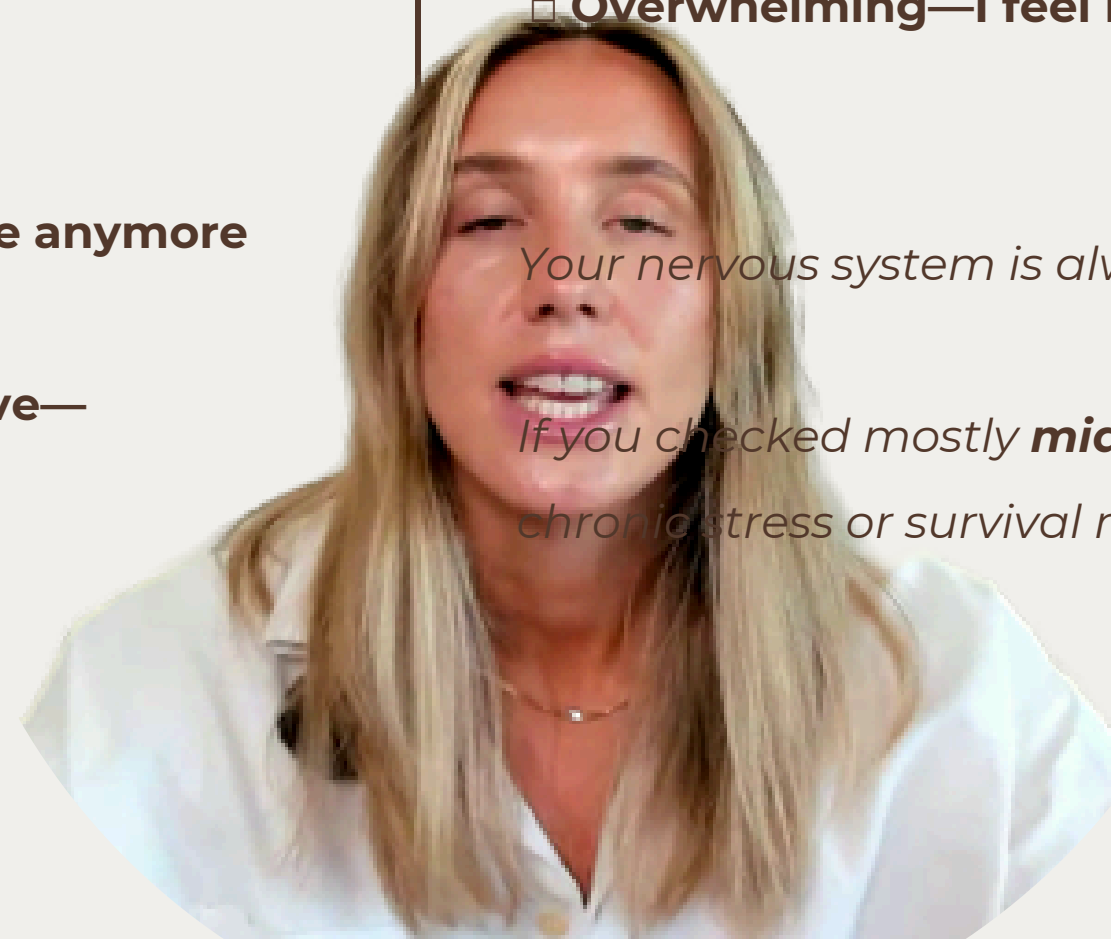
- No, I can switch off easily
- Sometimes
- Often
- Yes, I don't even know what true rest feels like anymore

6. Have you ever felt like your body is in overdrive—even when there's nothing urgent happening?

- Never
- Occasionally
- Yes, pretty often
- All the time

7. What best describes your current stress levels?

- Low
 - Manageable but always present
 - High, but I push through
 - Overwhelming—I feel like I'm barely coping



Your nervous system is always communicating with you.

*If you checked mostly **middle or lower answers**, you may be operating in a state of chronic stress or survival mode—without even realizing it*



**“Your body isn’t broken —
it’s trying to protect you”**

**When starting to listen to the signals that our body is sending us,
we can learn how to support it, and work with our body instead of
against it.**

This is where the magic happens

Summary

- **Your nervous system broken down and simplified**
- **How our modern life impacts our nervous systems**
- **The sympathetic nervous system**
- **Symptoms of chronic stress**
- **The parasympathetic nervous system**
- **Self - test**



Homework

- **Track your triggers - what makes you feel stressed?**
- **Where do you feel it in your body?**
- **How is this affecting your life?**
- **What would your life be like if you were better equipped to deal with stress?**
- **How would it change how you show up in your life?
(work, personal, relationships, lifestyle)**
- **Write this down - and be specific!**



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