

NERVOUS SYSTEM REBALANCING

A Simple 3 Step Process to
EXTINGUISH YOUR STRESS

**"Get Out Of Your Head &
Get Into your Body"**

1. RECOGNIZE

**Read the "stress signs" your body gives when
you get swept up into a stress response**



Your Nervous System has two operational modes that can be switched on at any given time. One is to respond to stress (sympathetic) and one is to replenish your body (parasympathetic). If you are feeling stressed all the time, your body has to keep adapting and listening to the call to react. If your organs, muscles, nerves, blood vessels, and cells live bathing in these stress hormones for too long they will slowly but surely fuel disease. Our bodies were not designed to sustain health in this kind of environment. So a crucial aspect in healing any illness is to retrain your nervous system back to thriving in the replenishment state more and more often

2. RESET

**Adopt your perfect stress balancing technique where you can FEEL
the shift from the Sympathetic to the Parasympathetic State**



It is not enough to repress, numb or distract yourself into media, social, exercise, or food to merely relieve the discomfort of stress. To truly rebalance your nervous system, rewire your brain and heal your body, you must **experience the transformation** of those difficult emotions into experiences of love, passion, appreciation, gratitude and compassion. When you can create those positive emotions as a result of your own actions, thoughts, experience movement etc, then you **have your power back**. Being able to hold a positive emotion for over 1 min is associated with a shift in internal hormones and chemicals that turn off the stress response and turn on digestion, increase immune repair, ramp up restorative sleep etc. It takes over approx 2 hours to dissipate the hormones of stress in your body, so having the skill to consistently and reliably rest your nervous system is KEY to healing.

3. REPEAT

**The ability to reliably repeat the positive experiences
and allow your body the space to heal is essential**



For some people the positive experiences they have improving their diets, getting a treatment or medicine don't last or don't produce enough healing. This is an indication that there is a deeper layer to heal first. The long-term chronic state of stress that follows traumatic events such as loss of a loved one, abuse, accident or medical issue, relationship breakdown, long-term caregiving, etc, are **NOT** just psychologically difficult. These events make deliberate and definite changes in your brain and body that fuel inflammation and then chronic illness. Even when nothing can be done to change a life event, much can be done to repair the changes in the nervous system that led to the damage in your body. Repeating the behaviors that produce the deeply positive emotions multiple times a day allow your nervous system to signal to your body that it can begin its repair.

CHOOSE TECHNIQUES THAT MAKE YOU FEEL GOOD



For many people, when you have reached the point of worsening chronic illness and have been exposed to the effects and impulses of stress hormones for so long, it's so hard to remember what it's like to **feel good naturally** in everyday life. It's a challenge to describe what positive goals or intentions you might have beyond "just make the pain stop". So whatever technique(s) you choose to work with to help reset your nervous system, you **MUST** do it with the intention to create deep positive emotions, just little bits at a time, then learn to keep expanding them or lingering there so you can "turn on" your hormones and chemicals that will begin to heal your physical body. But you must choose techniques that shut off your analytical mind (get out of your head) and turn on experiences in your body (get into your body). Yoga, mindfulness, meditation, Tai Chi, Qigong are good examples of techniques that are designed to slow the chatter of the mind and connect movement and breath.

Put this process into practice in your everyday life and see the difference!

Book your FREE call with Dr. Amanda to see how you can apply
these techniques to your unique situation.

www.amandaferrisnd.com