



PAUSE

Module 2-1

Regulation

NERVOUS SYSTEM RESET PROGRAM

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PAUSE

**MODULE 2
LESSON**

**WHAT YOU WILL LEARN
IN THIS MODULE**

1. What does it mean to regulate the nervous system? It is FLUID
2. The body gateways to regulation:
 - a. breath
 - b. muscle
 - c. touch
3. Mind body connection and BODYFULNESS



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MODULE 2

Embodiment

Practices

WHAT YOU WILL DO IN
THIS MODULE

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Mind body connection and Body Based Practices

Daily practice of stress relieving yoga, mindfulness, yoga nidra and breathwork. How much and how often is up to you. Embodiment of these practices is a foundation of this course.

Put aside 20-30 minutes a day to choose ONE of the embodiment practices provided to you.

LET'S GET
STARTED!

What does nervous system regulation even mean?

NERVOUS SYSTEM REGULATION REFERS TO THE PROCESS OF MAINTAINING BALANCE AND STABILITY IN THE NERVOUS SYSTEM, ENSURING IT CAN RESPOND APPROPRIATELY TO STRESS AND RETURN TO A STATE OF CALM AFTER ACTIVATION.

It is more difficult to regulate the nervous system in midlife!

1. **Hormonal Fluctuations:** Decreases in estrogen and progesterone can affect neurotransmitter levels, impacting mood and stress responses.
2. **Sleep Disruptions:** Hormone changes can lead to sleep disturbances, reducing the body's ability to recover and regulate stress effectively.
3. **Increased Stress Sensitivity:** Hormonal shifts can make the nervous system more reactive to stress, leading to heightened anxiety and irritability.
4. **Physical Symptoms:** Menopausal symptoms like hot flashes and night sweats can add to physical and emotional stress, making regulation harder.

What is involved in nervous system regulation??

It involves:

1. **Stress Response Management:** Effectively handling stressors by activating the appropriate nervous system response and then deactivating it once the stressor is gone.
2. **Emotional Regulation:** The ability to manage and respond to emotional experiences in a healthy and adaptive way.
3. **Physiological Balance:** Maintaining a balanced state between the sympathetic nervous system (responsible for "fight or flight" responses) and the parasympathetic nervous system (responsible for "rest and digest" responses).
4. **Recovery and Resilience:** Enhancing the body's ability to recover from stress and build resilience against future stressors, leading to overall improved well-being and health.

The Alertness Spectrum

*Take some time to reflect on how
YOUR nervous system feels!*

Visualize your stress response as a spectrum, shifting through various levels of arousal as you navigate life's challenges. Each "level" represents a different state of mind and body arousal, ranging from deep rest at the base to heightened alertness at the peak.

The two sides of stress

Stress often gets a bad rap, but it's not always a problem. Research shows that low to moderate stress can boost your resilience. .

Being in the high alert and mental overload zones helps train your body and brain to handle stress better next time. Once the stress is over, returning to relaxation and calm allows your body to recover and recharge. This back-and-forth builds resilience.

Chronic stress can harm your body and mind, raising the risk of illness. Just anticipating stress can trigger a stress response. Over time, constant stress can rewire your nervous system, making it hard to relax.

To break this cycle, you need to manage your "stress spectrum." It's okay to go through high alert during tough times, but you must return to calm and relaxation to recover.

NERVOUS SYSTEM HEALTH ALERTNESS SPECTRUM

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**THE TRANQUIL ZONE: DEEP
REST AND CELLULAR RENEWAL**

Here, your body and mind are in deep rest, like during meditation or deep sleep, allowing for cell regeneration and complete relaxation.

1

**THE HARMONY ZONE:
RELAXED AND ENGAGED**

This is your "flow" state where you're relaxed yet focused. You can stay engaged in tasks while feeling calm and balanced.

2

**THE CAUTION ZONE:
COGNITIVE OVERLOAD**

Here, stress levels are moderate, causing mental overload. Your thoughts might race, and you could feel like you're on a nonstop treadmill, struggling with worry and self-criticism.

3

**THE ALERT ZONE: ACUTE
STRESS RESPONSE**

You're on high alert, ready to react to immediate threats. Your heart races, breathing quickens, and your body is prepared to fight or flee.

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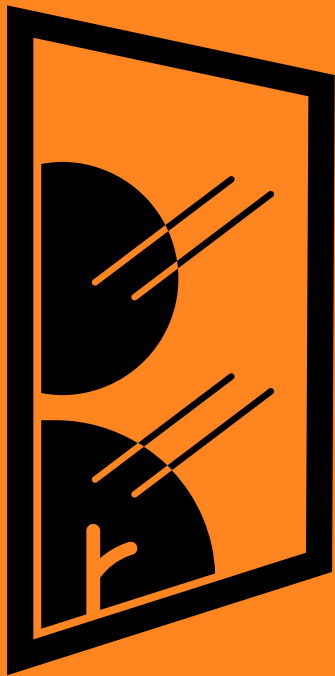
**THE FREEZE ZONE:
EMERGENCY IMMOBILITY**

In extreme danger, you might hit the emergency stop, entering the Freeze Zone. Your body freezes, becoming immobile as a defensive response to severe threats.

Navigating the Alertness Spectrum: Recognize Your Body and Mind States

Understanding your stress levels can be like moving along a spectrum, transitioning through different states of alertness. Each level represents how your body and mind react to stress, from deep relaxation at the base to full alertness at the peak. By recognizing which zone you're in, you can better manage your stress levels and ensure you return to the Tranquil and Harmony Zones for recovery and balance.

Explore more about the Alertness Spectrum





Journal reflections



1. Exploring Emotional Range:

- Reflect on a recent experience where you felt a strong emotion (e.g., joy, anger, sadness). How did your body and mind react? Write about how accepting this wide range of emotions can be beneficial for your overall well-being. How can you embrace these varied experiences as part of your journey toward a flexible and resilient nervous system?

2. Challenging the Calm Myth:

- Think about a time when you believed that being calm and tranquil was the only way to feel regulated. How did this belief affect your response to stress or emotional challenges? Write about the ways in which striving for adaptability and fluidity, rather than constant calm, can help you navigate life's ups and downs more gracefully. How can you practice this adaptability in your daily life?