



PAUSE

Module 2-2

Regulation

NERVOUS SYSTEM RESET PROGRAM

©MIDLIFE WELLNESS

1. The body gateways to regulation:

a. breath

b. muscle

c. touch

2. Mind body connection and BODYFULNESS

LET'S GET
STARTED!

Becoming
Bodyful and the
Mind-Body
Connection in
Nervous System
Regulation

Mind Body



Understanding the mind body connection

Understanding the mind-body connection is essential for effective nervous system regulation. Becoming "bodyful" means being fully aware of and connected to your body's sensations, signals, and needs. This lesson explores the importance of this connection and provides strategies for cultivating it through breath, somatic movement, and touch.



The Impact of a Dysregulated Nervous System

Mind Body

When your nervous system is out of balance, it can drain your body's energy reserves, affecting overall bodily functions and making it harder to cope with everyday stressors. Staying in the caution zone prevents your mitochondria from getting the rest they need to produce energy efficiently. This leads to overall energy depletion.

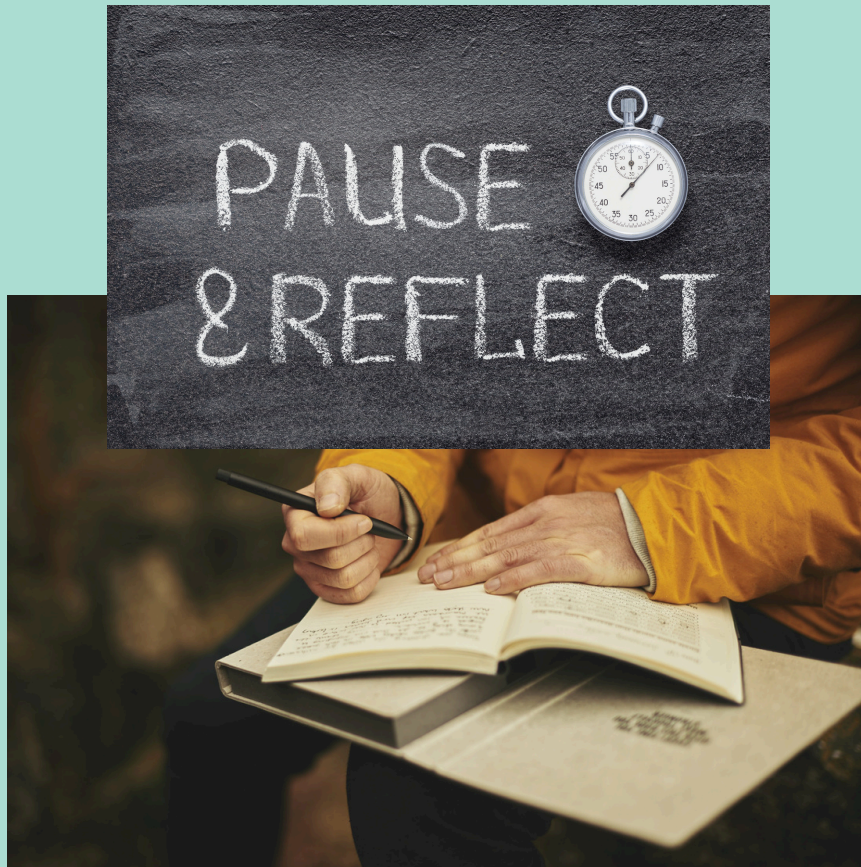


Mind Body



Key Points:

- A dysregulated nervous system depletes energy reserves.
- Staying in the caution zone hinders mitochondrial function, leading to fatigue.
- Transitioning to the tranquil and harmony zones helps replenish energy.



Let's test this!

Notice how you are feeling. Where are you at in the alertness spectrum? Notice without judgement and with self compassion.

Now do 10 physiological sighs from Module 1. Take 10 regular breaths after.

How do you feel now?

Transitioning between the zones

Mind Body Connection

Imagine learning to move from the energy-draining freeze and caution zones to the restorative tranquil and harmony zones. This transition allows your body to recharge, promoting overall well-being. Developing the ability to regulate your nervous system is crucial for fostering a sense of control and self-trust.

NERVOUS SYSTEM HEALTH ALERTNESS SPECTRUM



Strategies for
Nervous System
Regulation:
Breath



Breath

Importance: Breath is a powerful tool for calming the nervous system and bringing the body back into balance. Slow, deep breathing activates the parasympathetic nervous system, promoting relaxation and reducing stress.

*Always
with you*

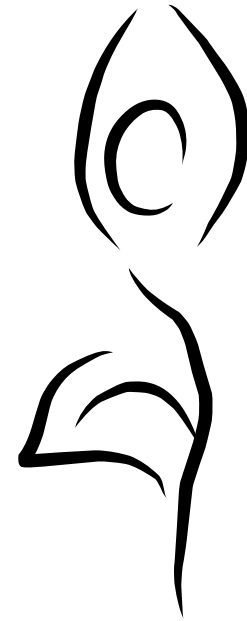
POWERFUL



Practice

Practice: Try diaphragmatic breathing or "belly breathing." Inhale deeply through your nose, allowing your abdomen to expand. Exhale slowly through your mouth, letting your abdomen fall. Repeat for a few minutes.

Strategies for
Nervous System
Regulation:
Somatic Movement



Somatic Movement

Importance: Somatic movement involves mindful and intentional body movements that help release tension and improve body awareness. These movements can help shift the body from a state of stress to one of relaxation.



Practice

Somatic Movement Exercise:

- Stand or sit comfortably.
- Slowly begin to move your body, stretching your arms, rolling your shoulders, or gently twisting your torso.
- Pay attention to how each movement feels and where you might be holding tension.
- Spend ten minutes exploring gentle movements.

Strategies for
Nervous System
Regulation:

*Touch &
Groundedness*



Touch

- Importance: Touch can be a grounding and soothing strategy, helping to calm the nervous system. Physical touch, whether self-administered or from others, can provide a sense of safety and comfort.



Practice

Touch Exercise:

- Find a quiet space where you feel safe.
- Practice self-massage by gently kneading your shoulders, neck, or any area that feels tense.
- Alternatively, place your hands on your heart or belly and take a few deep breaths, focusing on the warmth and pressure of your hands.
- Spend five minutes in this practice.

Bodyfulness Check in 'On the Go'

Go to the
mindfulness page
and practice!



You are practicing being
aware with body check
ins-
seeing what it's like
to allow your whole
body, not just your mind,
to be present and aware.
Moment by moment.

Mind-Body Check-In

- **Morning and Evening Routine:** Set aside a few minutes each morning and evening to perform a mind-body check-in. Find a quiet, comfortable place to sit or lie down. Close your eyes and take several deep breaths.
- **Mindfulness:** Start by focusing on your mental state. Notice any thoughts or emotions without judgment. Acknowledge them and let them pass.
- **Bodyfulness:** Shift your attention to your body. Conduct a mental scan from head to toe, noticing any areas of tension, discomfort, or relaxation. Breathe into areas of tension, imagining them softening and releasing with each exhale.

Importance in Perimenopause and Menopause:

- **Stress Reduction:** Regular check-ins help manage stress and anxiety, common during perimenopause and menopause.
- **Self-Awareness:** Increases awareness of how hormonal changes affect both mind and body, leading to better self-care and management of symptoms.

Being fully present in both mind and body is crucial during perimenopause and menopause. These practices of mindfulness and bodyfulness not only help regulate the nervous system but also promote overall well-being. By integrating these strategies into daily routines, you can navigate the challenges of this life stage with greater ease and resilience.

