



PAUSE

Module 2

Regulation

TOOLKIT

NERVOUS SYSTEM RESET PROGRAM

©MIDLIFE WELLNESS

Strategies & Tools

Building momentum
Implementing body based
exercises into your life

Implementing Awareness Practices into your daily life

Integrating the regulation practices into your life is not time consuming and does not require much of your precious energy, which may already be limited.

1

Journal and Reflect

All it requires is for you to become a curious observer, noticing the way your bodily sensations thoughts and emotions occur and change throughout the day and then journaling about them briefly at the end of the day.



1

Journal and Reflect

This combination of practicing awareness, moment to moment, throughout the day and reflecting at the end of the day is enough to accomplish the goals of this stage, revealing your patterns of bodily sensations, thoughts, and emotions.



Somatic Exercises

SOMATIC:

Somatic means "relating to the body." It focuses on body awareness and the connection between the body and the mind.

In simple terms, somatic practices involve paying close attention to physical sensations and movements to understand and improve how the body feels and functions.

2

Somatic Exercises

GROUNDING

Here are a few grounding techniques to try at home:

1. **Run water over your hands.**
2. **Move your body in ways that feel most comfortable to you.** This can include jumping up and down, dancing, jogging in place, or stretching.
3. **Focus on your breathing while you control how you inhale and exhale.** You can start by inhaling to the count of 4, holding for 3 seconds, and then exhaling for another count of 4. You could also repeat what you consider a happy word after each inhalation. For example, safe, peace, easy, or gone.
4. **Tense and relax different parts of your body.** For example, press your feet to the ground as hard as you can for a few seconds. Release the pressure and notice how your feet feel now. You can also squeeze the arms of your chair as tightly as you can and then slowly relax and let go.

3

Self regulating

When experiencing stress

When you find yourself in a stressful situation, or your hormone fluctuations are impacting your wellness, check in with yourself to stay grounded in the present moment. Here are some reflection questions:

3

Self regulating

Becoming the observer

1. How am I feeling right now?
2. What physical sensations am I noticing in my body?
3. What object can I see around me? Name at least 5 things

4

RIDING THE WAVE

Imagine you a a surfer catching a powerful ocean wave; you don't fith it but instead move with it and ride its natural flow.



4

RIDING THE WAVE

How to practice *Riding the Wave*:

- *Become aware of the emotion.* Name the emotion without judging yourself. Remember, the emotion is just something you're experiencing, not who you are.
- *Experience it.* Ride the wave of your emotions and accept them without trying to control them. It may be uncomfortable, but know that the feeling is **temporary**.
- *Remember that the feeling is temporary and does not define you.* You've been through difficult emotions before, and you can get through this one too.

4

RIDING THE WAVE

Riding the wave does not take the challenges away. It helps you make decisions from a wise mind.

Moving from dog mind to lion mind.

5

DEEP BREATHING EXERCISES

**This is my personal favorite thing to do when
in need of a change of state!**

- **Exercise:** Practice the 4-7-8 breathing technique. Breathe in through your nose for 4 seconds, hold the breath for 7 seconds, and exhale slowly through your mouth for 8 seconds.
- **Duration:** Repeat this cycle four times, twice a day or whenever you feel stressed.
- **Benefits:** This technique helps reduce anxiety, slows down the heart rate, and promotes relaxation.



6

PROGRESSIVE MUSCLE RELAXATION

- **Exercise:** Start by tensing the muscles in your feet and hold for a count of five, then relax them completely. Gradually work your way up through different muscle groups (legs, abdomen, chest, arms, and face).
- **Duration:** Spend about 5-10 minutes moving through the body.
- **Benefits:** Reduces physical tension and associated mental stress, improves sleep quality, and helps break the cycle of chronic stress responses.

