

Nervous System Reset

Strategies for health



Feeling wired and tired? Ready to start feeling better in perimenopause and menopause? Use this free guide to help you get started, and when you are ready to deepen your relaxation response, head over to [my website](#) to sign up for the online program, [SIMMER, A Nervous System Reset](#) (launching September 2024).



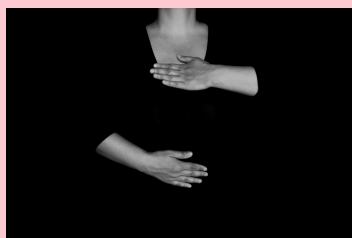
Welcome to our free guide for women in perimenopause and menopause. Learn how to reset your nervous system and manage stress better. By using these easy techniques, you'll start to build long-term resilience and create a balanced, healthy life. Join us in making well-being a natural part of your everyday life.

1. Practice a Physiological Sigh

A natural pattern of two quick inhales followed by a long exhale to quiet the sympathetic system and awaken the parasympathetic side. Practicing a Physiological Sigh, helps regulate the nervous system during perimenopause by:

- **Calming the Sympathetic System:** Reduces stress and anxiety by calming the body's fight-or-flight response.
- **Activating the Parasympathetic System:** Promotes relaxation and rest, helping to balance the body's stress response.
- **Improving Oxygen Levels:** Enhances oxygen exchange in the lungs, which can improve overall sense of well-being.
- **Reducing Tension:** Helps release physical and mental tension, promoting a sense of calm and relaxation.

Overall, this simple breathing technique can quickly and effectively help manage stress and support nervous system balance.



2. Practice legs up the wall for 15-20 minutes before bed.

The yoga pose "Legs Up the Wall" helps regulate the nervous system during perimenopause by:

- **Promoting Relaxation:** Encourages deep relaxation by calming the mind and body.
- **Improving Circulation:** Enhances blood flow back to the heart, reducing swelling and fatigue in the legs.
- **Reducing Stress:** Activates the parasympathetic nervous system, which lowers stress levels and promotes a sense of calm.
- **Relieving Lower Back Tension:** Eases lower back pain and tension by gently stretching the hamstrings and lower back.
- **Enhancing Sleep Quality:** Helps prepare the body for sleep by creating a state of relaxation.

This gentle inversion is an easy and effective way to support nervous system balance and overall well-being during perimenopause.



3. Explore meditation & Yoga Nidra.

Sit quietly, focusing on your breath or a soothing mantra, to center your thoughts and calm your mind.

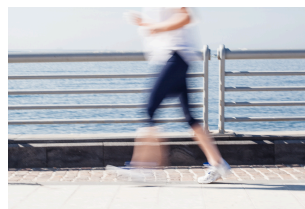
Open up the link to access free resources with yoga nidra and meditation.



4. Fast, Mindful walking.

A brisk, 10 minute walk is the perfect way to enhance your mood and reduce stress and anxiety from the day. This will also help clear your mind, release tension, and give way to a much more productive evening.

How to do it: Walk briskly while staying aware of your breath, body, and surroundings. Stay curious, and notice as the tension leaves your body.



4. Cut back or stop drinking coffee and alcohol.

Alcohol: It can disrupt your sleep patterns, increase anxiety, and make mood swings worse. It also affects hormone levels, which can intensify perimenopause symptoms.

Coffee: The caffeine in coffee can increase heart rate, cause jitters, and worsen anxiety. It can also interfere with sleep, which is already a common issue during perimenopause.



5. Increase hydration.

- **Supporting Cellular Function:** Water and electrolytes (like sodium, potassium, and magnesium) are essential for proper cell function, including nerve cells.
- **Maintaining Electrolyte Balance:** Electrolytes help maintain the balance of fluids inside and outside cells, which is crucial for nerve impulse transmission and muscle function.
- **Preventing Dehydration:** Staying hydrated prevents dehydration, which can cause fatigue, dizziness, and confusion, worsening perimenopausal symptoms.
- **Enhancing Energy Levels:** Proper hydration supports overall energy levels, reducing feelings of lethargy and improving mood.



Thank you for taking the time to read our free guide on resetting the nervous system during perimenopause. As someone who is also in perimenopause, I understand how difficult it can be at times. By taking small steps every day, the nervous system will begin to heal, and overall health will improve. We hope you find these tips helpful in supporting your well-being and achieving a balanced, healthy life.

Feel free to reach out if you have any questions about the upcoming SIMMER Nervous System Reset program. I look forward to helping you achieve health, peace and calm in your life.

Sincerely,

Shauna Laubman

[Midlife Wellness](#)

Midlife Wellness

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