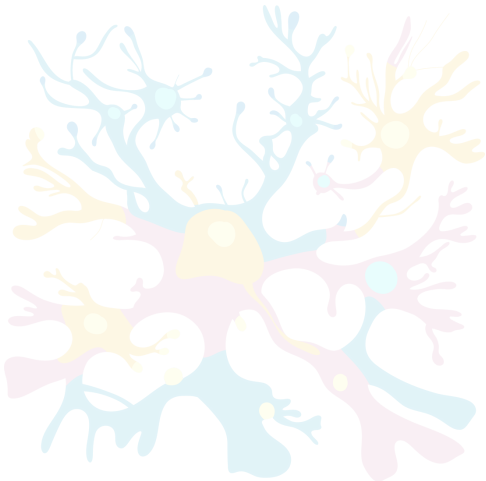


## The Embodied Starter Guide



# NERVOUS SYSTEM REGULATION & BRAIN RETRAINING



# HOW EMOTIONS CREATE PHYSICAL BLOCKS IN THE BODY

## EMOTIONAL OVERLOAD



When emotions are too big, too fast, or too much for us to handle, the body steps in to protect us.

The nervous system stores unfinished stress in the body when it feels unsafe to fully experience or release it.

## THE BODY PROTECTS



## STORED ENERGY



Over time, this stored activation can show up as muscle tension, pain flares, tightness in the chest or throat, digestive issues, fatigue, or chronic anxiety. The body is not malfunctioning. It is holding on to overwhelm that never had a chance to move through.

When the nervous system stays in this protective state for too long, it becomes a habit. A loop. A survival pattern.

## TRAUMA FEEDBACK LOOP

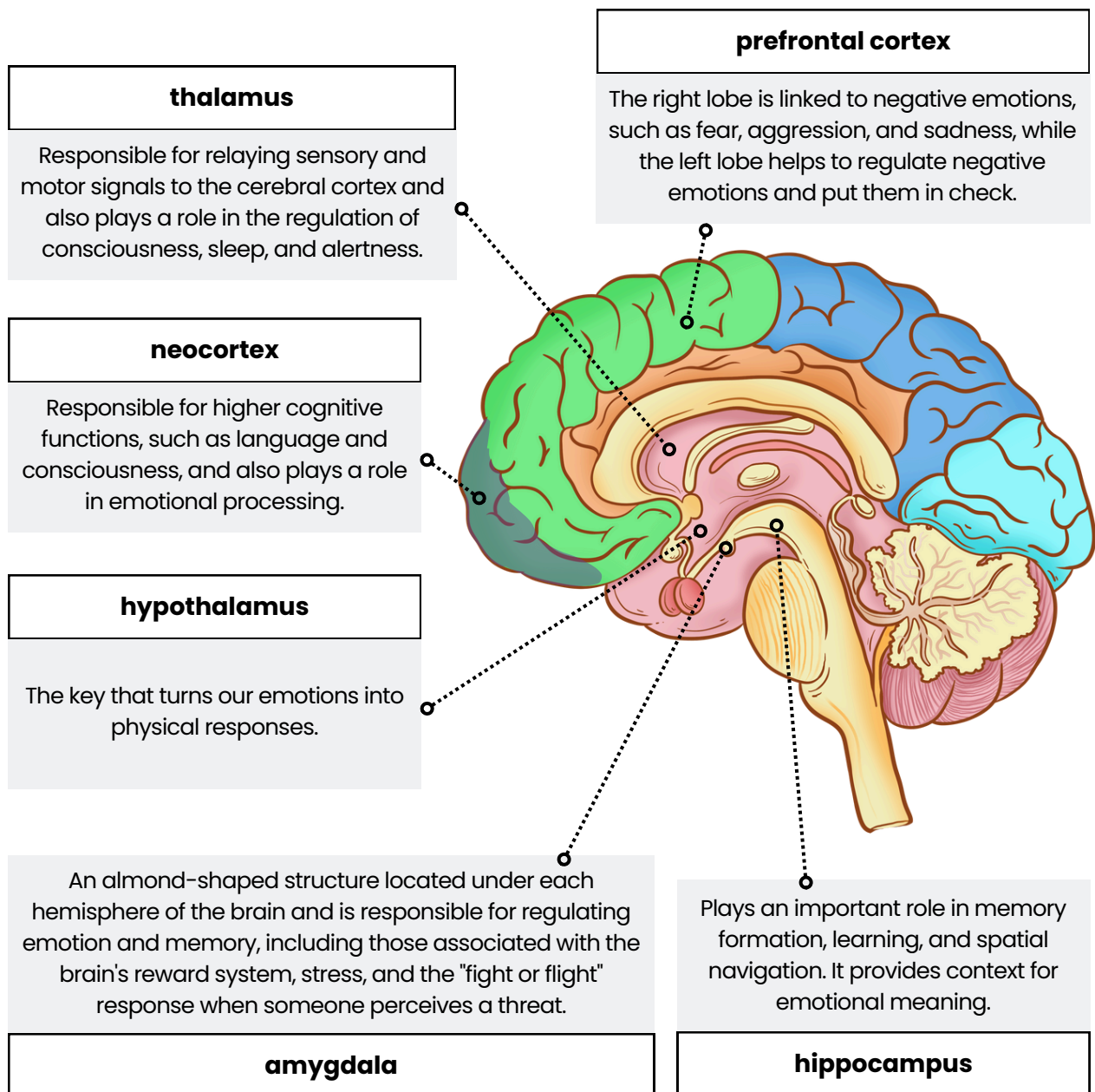


This does not mean you are broken.  
It means your body has been doing exactly what it was designed to do — protect you.

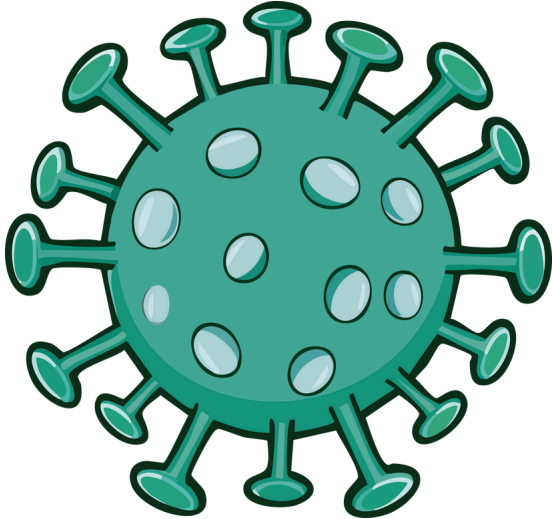
## How the Brain Processes **Emotion**

The brain plays a crucial role in processing and experiencing emotions. Emotions are complex psychological and physiological responses to external stimuli that can influence our behavior, thoughts, and physical sensations. The brain works with emotion through several interconnected structures.

### **Amygdala, hippocampus, thalamus, hypothalamus, prefrontal cortex, neocortex**



## When the Body Overloads



Emotional stress from early development, relational trauma, and chronic life stress can shape the foundation of our nervous system, but once that system becomes sensitized, many other factors can add to the load and keep symptoms going.

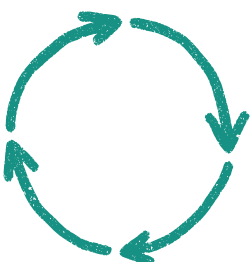
### Biological Trauma

Infections, toxins, hormonal shifts, food sensitivities, or inflammation can overwhelm a system that already feels unsafe.

Even when the original trigger has passed, your brain may stay on high alert, trying to protect you from anything that feels similar.

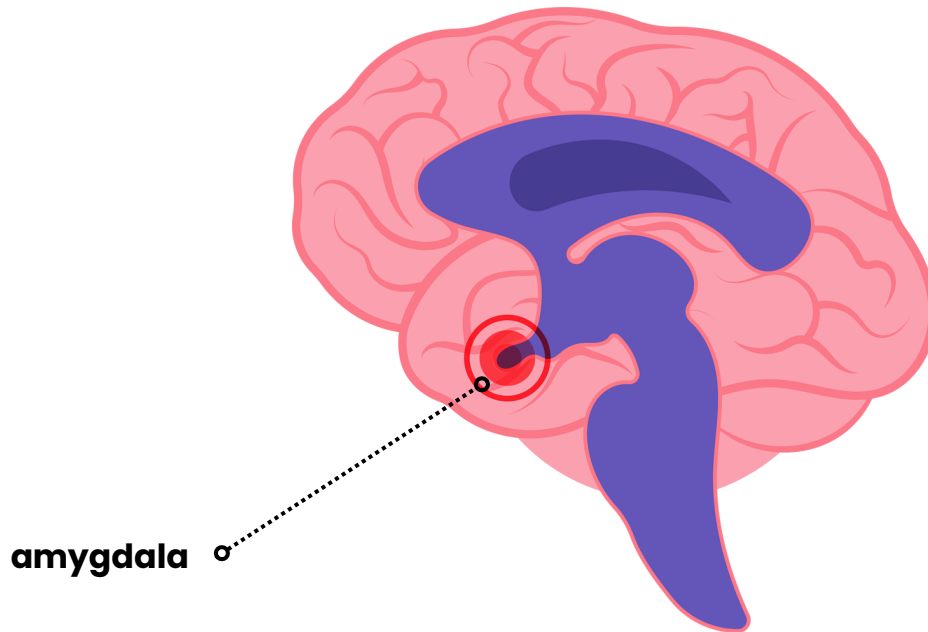
### Physical Trauma

Physical trauma, like injuries, accidents, or surgeries, can overwhelm the nervous system and create protective patterns that sometimes stay long after the body has healed.



Over time, all of these influences can create a pattern of survival, where the body stays activated even when you are not in danger. This is why symptoms can linger long after the original cause is gone.

## What Happens When Your Brain Gets Stuck in **Survival**



**Your brain and body are always doing their best to protect you.**

When you face chronic stress, pain, anxiety, or past trauma, the nervous system can get caught in protective patterns that feel automatic.

**This can look like:**

*Racing thoughts*  
*Spiraling into worst-case scenarios*  
*Feeling frozen or overwhelmed*  
*Tension in the chest, throat, belly*  
*Chronic symptoms that flare when you are stressed*

This happens because the nervous system starts to prioritize survival over connection and safety.

This is not your fault.  
It is your biology doing what it was designed to do.  
The good news is that your brain can change.  
Your nervous system can learn something new.

This is neuroplasticity.  
And it happens through small, repeated signals of safety.



# THE GOOD NEWS?

*The brain and body are always changing.*

With gentle regulation and repeated moments of safety, these emotional blocks begin to soften. Your system learns something new. Your symptoms slowly lose their intensity.

This is the foundation of both somatic healing and neuroplasticity.

When the body feels safe, it can finally release what it has been carrying.

*Let's Begin* 



## Step One: Self-Regulation Exercises

*You cannot change your thoughts or patterns when your body is overwhelmed.  
So we always regulate first.*

### The Butterfly Hug

Cross your arms over your chest, placing your hands on opposite shoulders for a gentle self-hug.

Tap one hand, then the other, slowly.

Let your breath drop into a natural rhythm.

Notice the weight of your body and the support beneath you.

Continue for thirty seconds.

This signals your brain:

“I am here. I am safe enough right now.”

### Soft Belly Breathing

Place one hand on your belly.

Inhale gently.

Exhale slowly and soften your stomach.

Let the breath be comfortable, not forced.

Continue for five or six rounds.

This relaxes the diaphragm, quiets the alarm system, and brings your body into a regulated state.

### “Hum” Breath

Sit comfortably and place your hands on your heart.

Inhale softly through your nose.

Exhale with a vibrational “Hum” sound and let the vibration move through your body.

Stop when your breath ends naturally. Notice any settling or softening.

Repeat one or two more times if it feels good.

## Step Two: Interrupting Survival Patterns

Once your system feels a bit more settled, you can start noticing the patterns that keep you stuck.



### Notice the Moment

What happened right before you felt activated?  
Example: I received a hurtful message. I woke up with pain.



### Notice the Thought

What story started running?  
Example: Something is wrong. I cannot handle this. This will never change.



### Notice the Feeling

Where do you feel it in your body?  
Example: Chest tightness, throat pressure, stomach drop.



### Notice the Behavior

What do you do automatically?  
Example: Freeze. Overthink. Check symptoms. Try to push through.



### Notice the Deeper Belief

What belief sits underneath?  
Example: I am not safe. I am alone. I need to control this.

You are not trying to change anything yet. Just bringing awareness.  
Awareness is the entry point to neuroplastic change.

## **Step Three:** Shift into Safety

### **Anchoring**

Look around the room.  
Name five things that are blue.  
Name three things that are round.  
Notice one thing that is soft.  
This interrupts the survival loop and brings your brain into the present moment.

### **Sensory Grounding**

Pick one item around you.  
Study it for thirty seconds.  
Notice the color, texture, temperature, shape, weight.  
Let your eyes rest on it.  
This tells your nervous system:  
"There is no threat here."

### **Safety statement**

Place a hand on your heart or belly, and say slowly:  
"I am safe."  
or  
"I am here now."  
This teaches your brain a new association and brings you back to the present moment.

## Step Four: Integration

This part is often ignored, but it is where real change takes hold.



**After the grounding or pattern interruption, sit for ten to twenty seconds and ask:**

What feels even one percent softer in my body right now?

What sensation feels slightly less intense?

Where do I sense a bit more space?

Let your body absorb the new experience.

This is where neuroplasticity happens.

### **Integration is where healing settles.**

After any shift or regulating practice, your system needs a quiet moment to absorb the change. Pausing, breathing, and softening the body helps the brain form new connections and signal safety.

These small pauses keep you from slipping back into old patterns and help the body anchor the new state. Even thirty seconds of noticing your breath or feeling your feet on the floor can support integration during the day.

**How can you bring  
this into your day?**



### In-the-Moment Reminders

What can you do to remember these strategies when stress hits?  
(Example: A sticky note reminder, a calming mantra, a phone alert, or  
keeping a fidget in your bag.)

Write here: 

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## Join Embodied

If this worksheet helped you feel even a small shift, imagine what could happen when your nervous system gets consistent support.

You do not have to figure this out alone. Healing becomes so much easier when you have guidance, structure, and a space that feels safe.

In the **Embodied** Program, you learn how to regulate your nervous system, rewire survival patterns, and create steady, lasting change in your body and mind. It is gentle, real, and designed for people who have been stuck for a long time.

### Why Embodied is different from other brain retraining programs...

#### **Embodied is designed to be simple, personal, and supportive.**

- ✓ You learn nervous system regulation and neuroplasticity tools in a clear, practical way, without months of overwhelming content.
- ✓ If you need extra guidance, you can add low-cost coaching sessions to help you tailor the practices to your specific symptoms and pace.
- ✓ It provides grounded support that feels easy and relatable.
- ✓ The program focuses on somatic tools that address the root of your symptoms, helping you create real and lasting change instead of short-term relief.

*If you feel ready to take the next step, I would love to support you.  
You can join Embodied or work with me one-to-one.*

*Your healing does not need to feel overwhelming. You can start from where you are.*

Learn more or book a free discovery call at:  
**[www.embodiedprogram.com](http://www.embodiedprogram.com)**