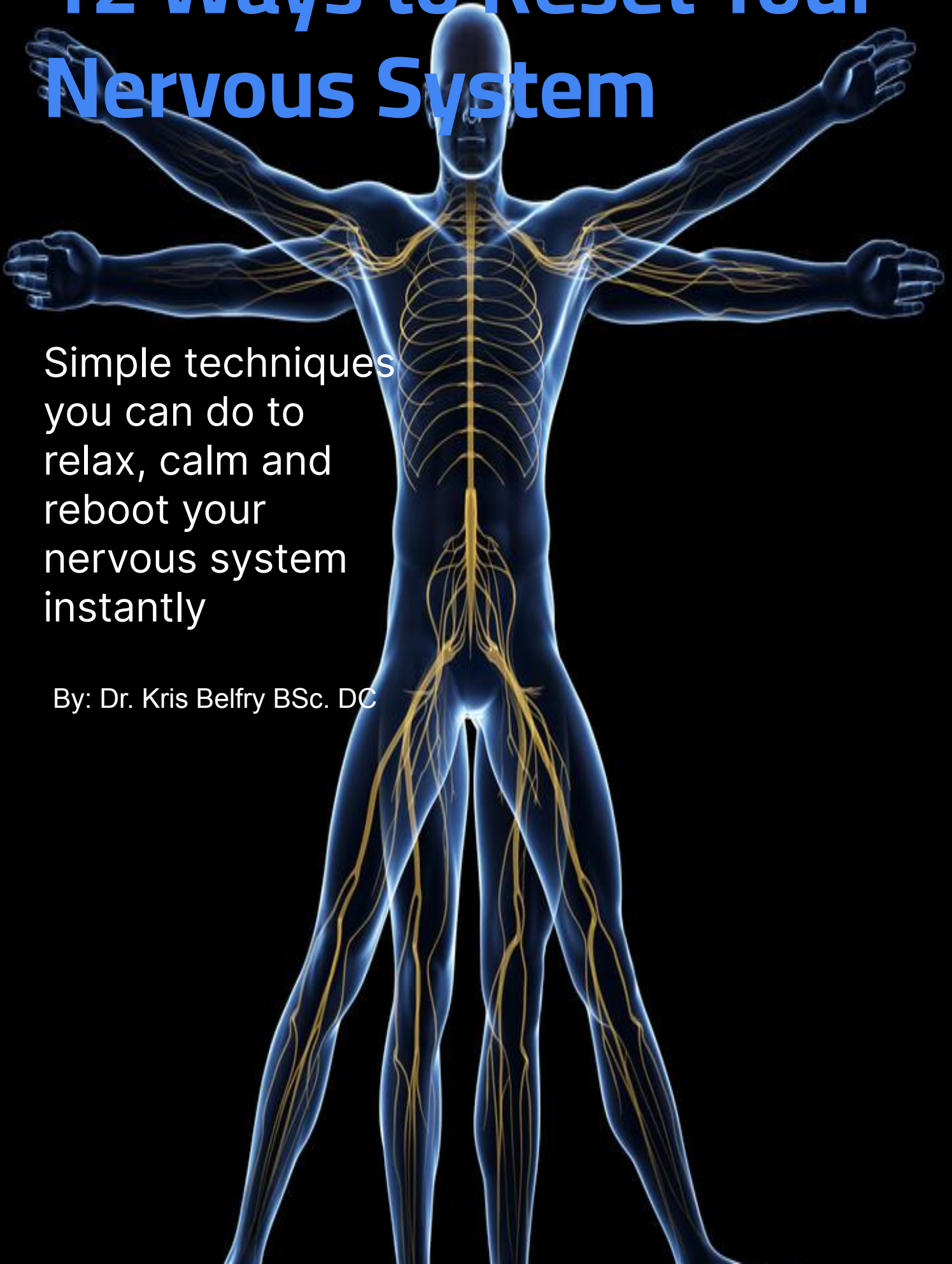


12 Ways to Reset Your Nervous System

Simple techniques you can do to relax, calm and reboot your nervous system instantly

By: Dr. Kris Belfry BSc. DC

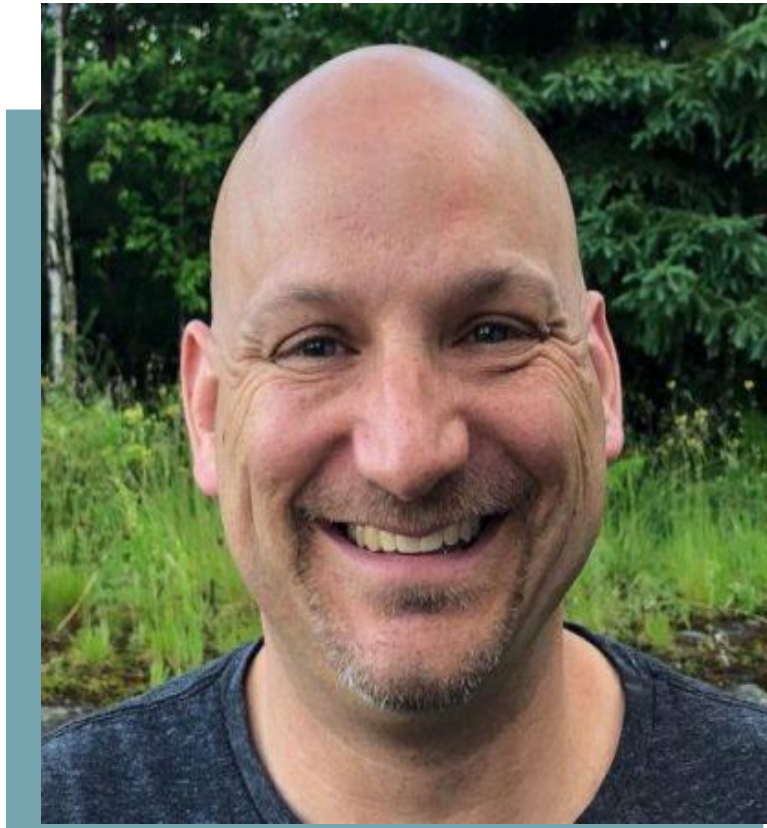


About the Author

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Ever since a near death experience in a motor vehicle accident at age 13, I've wanted to help people. Since then, armed with an inquisitive mind and a degree in chiropractic I set on that journey. Along the way I continued to research why some people get better and others don't. It was the realization that the root of so many of our issues stem from our emotional state that changed the way I help people.

Today, as a coach and healer I work on a much deeper level than I did as a chiropractor. I teach and support people to live more consciously and consistently in their body and to be more

present. This ultimately creates a space for better listening, and allows the person to follow the wisdom and guidance from the body so it can heal.

I do this by teaching people to connect their mind and body by relaxing their nervous system. This helps resolve chronic health issues, old wounds, traumas and triggers and brings the person to a more balanced, calm, happy and healthier state.

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INTRODUCTION

Your Road Map To Healing

STRESSED OUT, ANXIOUS, OVERWHELMED, POWERLESS

All too common words are used to describe how you may feel on a daily basis. Often these feelings seem unavoidable for most people. Throughout your life experiences you continually felt disconnected from your inner self. Your inner self of who you really are: imprints of love, purpose, desire, truth and intention. This disconnection started early in life but continues to affect you today. Your triggers, emotional outbursts and even some of your physical issues stem from your childhood traumas, wounds and hurts. Having experienced an erratic, abusive or toxic childhood is far from the only cause of trauma.

As a young child you were born into this world looking for two main things; love and safety from your parents or caregivers. However, these people you relied on can often be easily upset, erratic, neglectful or worse abusive; thus making you feel unloved and unsafe. Just think, a child's only way to communicate is to cry. So any time a baby's cry is not attended too, it's a need not met. This could lead to feelings of abandonment or create attachment issues in future relationships. I don't say this to trigger any parent's reading this, but it's a systemic problem. Wounded parents are teaching their children who will inevitably grow up to be wounded themselves. Thus, everyone is dealing with some form of trauma whether it is big or small.



Unfortunately, most people don't realize they have suffered trauma. They believe that the death of a grandfather, a beloved dog or parents divorcing are just a part of life. However, these are still traumatic events.

As life moves on and you experience that first high school break up, you lose a job, get into a car accident or have a major surgery; all "regular occurrences" compound as trauma over a lifetime. Every situation you experience today that reminds you consciously or more often unconsciously of these childhood trauma triggers the nervous system. These triggers could be a song on the radio, a child's scream or what someone says to you.

Each time you were confronted by these various stresses throughout your life it engages your sympathetic nervous system (fight, flight or freeze response). Continuous stresses that are not attended to with no real outlet, fatigues the nervous system and you begin to internalize your feelings. Years of holding on to these accumulated stress, fear, sadness, anger, guilt, shame, etc. depletes your body, mind and spirit from being whole, fully alive and connected to everything that matters.

These current and past emotions, triggers and stresses leave impressions on your nervous system which can be held in your body. Unresolved circumstances can create health issues and while searching for relief or solutions that don't seem to stick, you fail to realize that your trauma is at the root.

However, inside your body there is an innate intelligence and a natural recovery response that instantly relaxes the nervous system and restores balance. I have outlined in this book 12 ways to reset your nervous system in times of need.

“ *By far the strongest poison to the human spirit is **the inability to forgive oneself or another person.** Forgiveness is not long an option but a necessity for healing.*

- Caroline Myss



CHAPTER 1

Chapter One

Understanding The Nervous System

The Autonomic Nervous System

Before discussing ways to reset the nervous system, maybe you should know a little about what's going on in the body. The nervous system is made up of an number of parts but let's focus on the parts responsible for stress and relaxation. The autonomic nervous system (ANS) is a component of your nervous system in the body that regulates involuntary physiological responses within your body based on internal and external stresses. Basically the things the body does automatically without you thinking about it, making it happen or by doing something. The ANS is broken into two parts:

- 1) Sympathetic Nervous System (Fight, flight or freeze)
- 2) Parasympathetic Nervous System (Rest, digest and heal)

The sympathetic portion is responsible for arousal, activation and mobilizing our body into action. This system activates the 'fight, flight or freeze' response. The system triggered if you encounter a bear for instance.

The parasympathetic portion is responsible for processes like calming the body, digesting food and healing.

Both of these two systems control the same organs in the body however, they work in opposite directions. When one system is firing the other is silent and vice versa. So if you are running from that bear your need to poop stops ;) When both these systems are healthy and working properly then the body is balanced and in harmony.



SYMPATHETIC NERVOUS SYSTEM

When you experience a threat (remember that bear) our bodies 'turn on' the sympathetic system which is commonly referred to as the 'fight, flight or freeze' response. When this occurs the body immediately increases two hormones epinephrine (adrenaline) and cortisol (stress hormone). These hormones are responsible for several physical responses such as:

- Increased Heart Rate - brings more blood to working muscles
- Increased Breathing - brings more oxygen to the blood
- Pupils in Eyes Get Larger - allows more light in for better vision
- Digestion/Urine Output Decrease - these systems slow and blood to these areas diverts to working muscles

This response is essential when running from that bear or any other lifesaving situation you may encounter. However, it's not helpful while working or during a conversation with your spouse. This system continuously gets tripped during our days with limited outlets to release it.

PARASYMPATHETIC NERVOUS SYSTEM

The sympathetic nervous system is known for the GO, GO, GO system, whereas, the parasympathetic nervous system is the SLOW, SLOW, SLOW system. It puts the brakes on the body to slow it down and get into a calm, peaceful state. When this part of the nervous system is activated it stimulates digestion, more restful sleep and increased immunity.

When your body is in the parasympathetic nervous system it is responsible for several physical responses such as:

- Decreased Heart Rate - slows heart for better oxygen absorption efficiency
- Decreased Breathing - brings more oxygen to the blood
- Pupils in Eyes Get Smaller - this decreases sensory overload
- Digestion/Urine Output Increased - these systems activate for movement and secretion of waste

This response and system is also essential to your body's key functions like eliminating waste, sleeping properly and healing. When this system doesn't work properly or you spend too much time in your sympathetic system you can face several bodily dysfunctions that affect your health. When malfunctioning, many health issues begin to compound. As healing stales, it obviously affects your health. Since sleeping is affected, the body's ability to heal is affected and as digestion slows, toxins build up in the body.



Nervous & excited are the same sensation.

Negative vs. Positive

Stop saying you are nervous & start saying you are excited!

~ Deb Bexlir



CHAPTER 2

Chapter Two

The Nervous System Under Stress

The Body Under Stress



In a world of deadlines, responsibilities, families, traffic jams, after work/school activities and the like, you are constantly inundated with stress. When you think of stress and your mind you likely feel overwhelmed, anxious, anger, worry, depressed or simply some form of emotional instability. More importantly, how does stress affect the nervous system and more specifically how does it affect your physical or psychological health?

Stress impacts all systems in the body, including the immune, musculoskeletal (muscles), gastrointestinal (digestive), cardiovascular, respiratory, endocrine systems and more. The nervous system is particularly reactive to stress and can handle it in small doses, but when stress becomes chronic or lasts for long periods of time it can have serious effects on your body.

Some of the common physical and psychological health problems could include; high blood pressure, gut related issues (diarrhea, constipation, etc.), increased bodily inflammation, body pain, increased arterial-clogging, brain related issues (brain fog, memory loss, etc.), anxiety, depression, addiction and could contribute to obesity (increased eating, less/disruptive sleep and decrease in exercise).

Each of these symptoms that stem from some kind of feeling or emotion can really shake up and strain the nervous system. But with practice of the right exercises you may be able to restore balance and improve your overall health.





CHAPTER 3

Chapter Three

The Key For Better Health

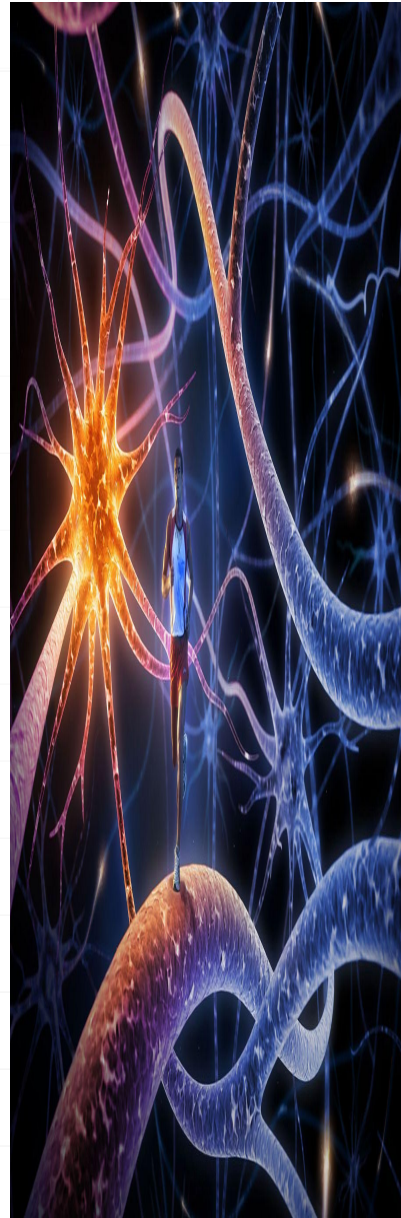
The Key For Better Health

The human body is truly a marvel. It's an amazing complex organism that performs a surprisingly huge number of functions daily, most that you are completely unaware of. It is this innate intelligence that is wired into every fabricate of your cells that actually governs every single act. It is believed that it is this intelligence that enables you to heal.

The key for better health and a greater quality of life lies in a balanced nervous system

When your body and their systems are balanced you can sleep well, move well and can heal. They are resilient. However, when the nervous system of your body is taxed and bombarded you can be knocked off center and everything feels off.

That is what happens when you are managing ongoing, chronic stress of life. So whether it's the daily grind of everyday life or the burden of suppressed, ignored childhood 'stuff', all of it can make you feel overwhelmed at times and stress patterns begin to appear in the body. They may manifest as pain, malfunction or disease in your body, often telling you that your body needs attention..



Quick Facts

A Relaxed Nervous System

- Calmer
- More Present
- Clearer Mind
- Improved Concentration
- Peaceful
- Better Self Awareness



CHAPTER 4

Chapter Four

12 Ways to Reset the Nervous System

12 Ways to Reset the Nervous System

When you change the nervous system you can change your life.

If you're constantly stressed, or on edge, you might want to give your nervous system a break. Your nervous system is responsible for maintaining homeostasis, so dysregulation can lead to a host of health problems, both physical and mental. Relaxing the nervous system has a big impact on your health. This system is a complex network of nerves and cells that transmit signals between different parts of the body. It plays a crucial role in regulating various bodily functions, including movement, sensation, and organ function. However, due to various factors such as stress, trauma, and unhealthy lifestyle habits, the nervous system can become overwhelmed and dysregulated.

Restoring balance to the nervous system can be an important step in restoring stability and promoting overall health and well-being. It can help to alleviate symptoms associated with chronic stress, anxiety, and depression, as well as improve physical health conditions such as headaches, digestive issues, and chronic pain.

Overall, it can have a profound impact on both physical and mental health, by promoting greater resilience, calmness, and well-being. By incorporating the following practices into your daily routine, you can help reset your nervous system and promote greater overall health and well-being.



#1. Cold Showers

Stressed! Chill in a cold shower.



Taking cold showers has many positive effects on your body and your nervous system. Maybe you've heard or seen ALL the rage of taking cold water baths or showers. There was the ice bucket challenge, the Wim Hof ice bath or the polar bear swim during the winter months. Perhaps, you've been thinking how bizarre this idea really is and what possible benefit can it really have?

Well, there are several benefits of cold therapy, including increased alertness and energy, improved circulation, boosted immune system, stimulated antidepressant hormones, improved skin and hair health, increased metabolism, reduced muscle soreness, increased resilience to stress and quieted your mind.

Exposure to cold also soothes the vagus nerve which is the main nerve of your parasympathetic nervous system and helps restore balance within the body. Research showed that when your body adjusts to cold temperatures, your fight-flight-freeze response decreases and your rest-and-digest system increases.

To practice this at home, take a quick 2-minute shower and progress to 5-minutes. Some people bath in the cold shower and others finish their hot shower with a cold one. If these sound like too much, try first splashing your face with cold water or submerging it in an ice bath for a few seconds.

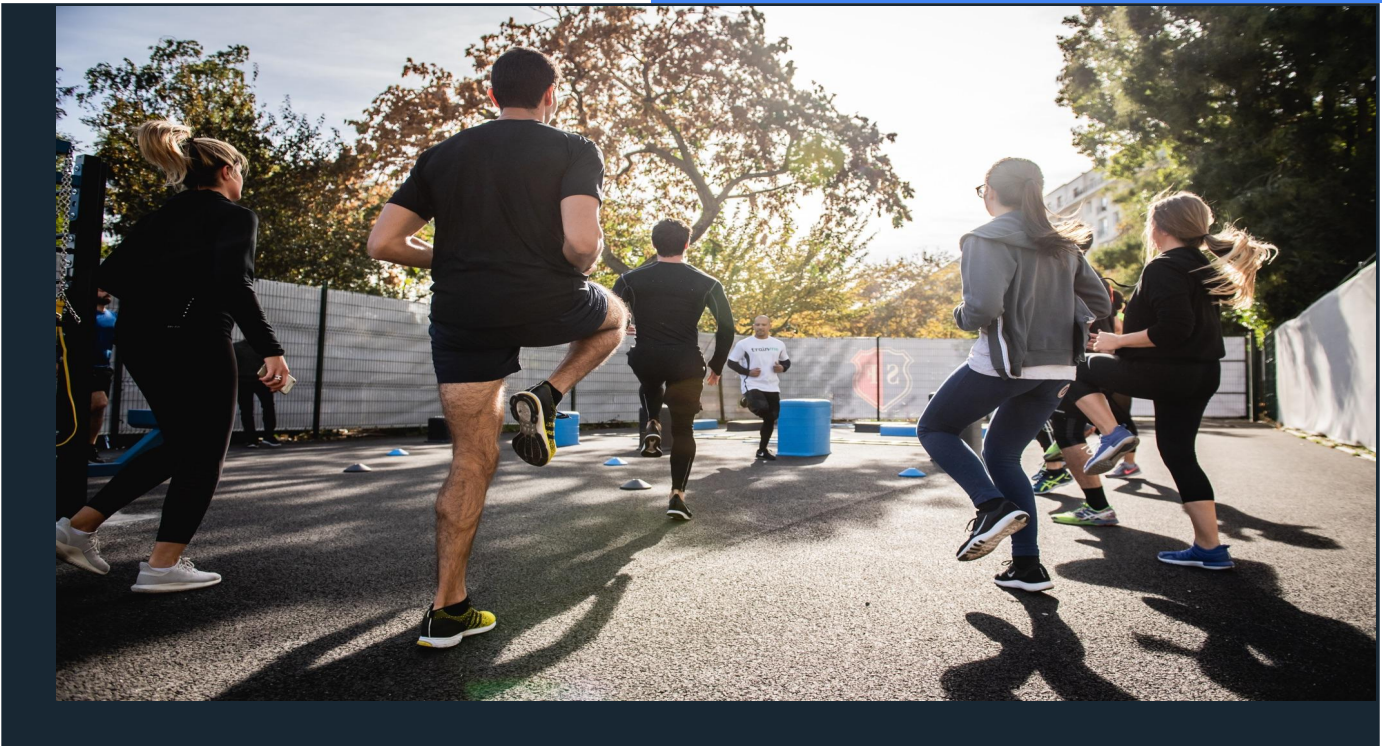
However, if you are considering taking cold showers of a regular basis, it's important to listen to your body and stop if you experience any discomfort or negative effects. The extreme shock of cold water can be harmful with people in poor health, so it may be a good idea to talk to your doctor to make sure that taking cold showers are safe for you.

“ *We have become alienated from nature, but the cold is capable of bringing us back to what we once had lost.*

~ Wim Hof

#2. Exercise

Shake, shake it off!



Shaking, really! Yes, shaking can be a useful technique for resetting the nervous system. The theory behind this technique is that it can help discharge the residual energy that may be trapped in the body's nervous system due to past traumatic events, stress, or anxiety. This residual energy can cause tension, pain, and other physical and emotional symptoms.

By shaking, the body can release this energy and reset the nervous system. This can help promote relaxation, reduce stress and anxiety, and improve overall well-being.

There are several techniques that involve shaking including: Tension and Trauma Release Exercises (TRE), Qi Gong, dance or movement therapy.

Overall, shaking can be a useful technique for resetting the nervous system and promoting overall health and well-being.

In general, movement of any kind is beneficial, including anaerobic (weight training, sprinting, etc) or aerobic (running, ball sports, etc) activities.

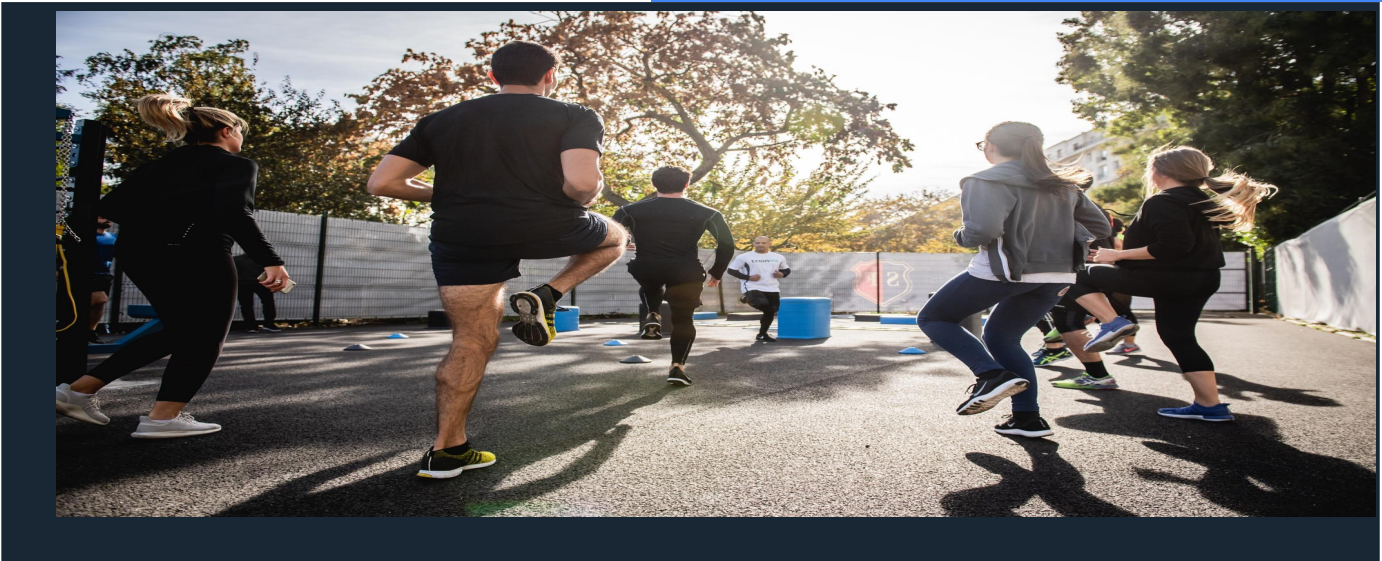
Regular exercise can help reset the nervous system and promote overall health and well-being. By reducing stress, promoting neuroplasticity, reducing inflammation, improving sleep, and promoting the mind-body connection, exercise can have a positive impact on the nervous system and overall health. Overall, it improves mood, reduces stress and anxiety.

“ *Exercising would be so much more rewarding if calories screamed while you burned them.*

~ Unknown

#3. Acupressure

A little pressure on the RIGHT point!



Acupressure is a traditional Chinese medicine practice that involves tapping or rubbing specific points on the body to stimulate the nervous system and promote healing. Acupressure can be a powerful tool for resetting the nervous system and restoring balance and regulation to the body.

When stimulating specific points on the body, they activate the nervous system, triggering the release of neurotransmitters such as endorphins, which help to reduce pain and promote relaxation. Acupressure also helps to regulate the autonomic nervous system, which is responsible for controlling bodily functions such as heart rate, blood pressure, and digestion.

By stimulating the parasympathetic nervous system, acupressure can help counteract the effects of chronic stress and promote relaxation. This can help reduce symptoms associated with anxiety, depression, and other mental health conditions. Additionally, acupressure has been shown to be effective in reducing pain, improving sleep, and boosting overall immune function.

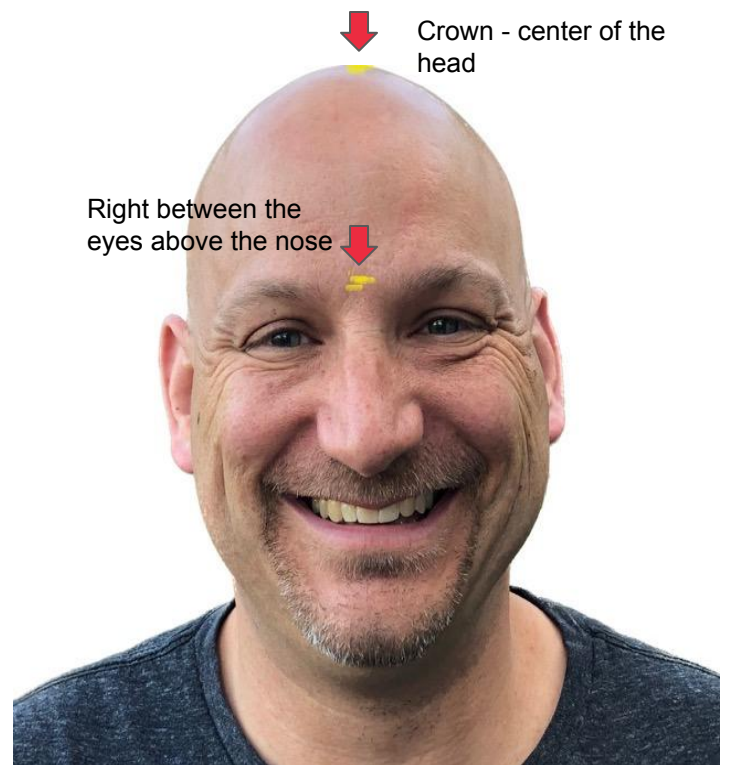
Overall, acupressure can be an effective way to reset the nervous system and promote overall health and well-being. It is important to work with a licensed acupuncturist who can tailor treatment to your specific needs and help you achieve optimal results.

Most acupressure points are calming to the body but specifically applying pressure to these two acupressure points will mobilize the energy in these meridians/channels which will communicate with the nervous system to release those feel good chemicals.

2 Methods to stimulate the points:

#1. Simply tap each point rapidly 5 times and repeat 2 more times (15 total).

#2. Rub each point gently for 30-60 seconds.



“

Life is a balancing between holding on and letting go!

~ Rumi

#4. A Hug

Hug it out!



Hugging is a simple yet powerful way to relax the nervous system and reduce stress levels. One way that hugging promotes relaxation is through the release of oxytocin, a hormone that is often called the "love hormone" because it is associated with social bonding and intimacy. When you hug someone, your body releases oxytocin, which has been shown to have a calming effect on the nervous system by reducing levels of stress hormones like cortisol and promoting feelings of relaxation.

In addition to the release of oxytocin, hugging can also help to lower your heart rate, which is a key indicator of stress levels. When you hug someone, your body tends to relax and your heart rate can decrease, which in turn can help you feel more calm and at ease.

Moreover, hugging is known to boost mood by increasing levels of serotonin and dopamine in the brain, which are neurotransmitters that play a key role in regulating mood and emotions. By increasing these neurotransmitters, hugging can help to improve mood and reduce feelings of anxiety and stress.

In summary, hugging is a natural and effective way to relax the nervous system and reduce stress levels. Whether it's hugging a loved one or even hugging a pet, taking the time to embrace someone or something can have a positive impact on your mental and emotional well-being.

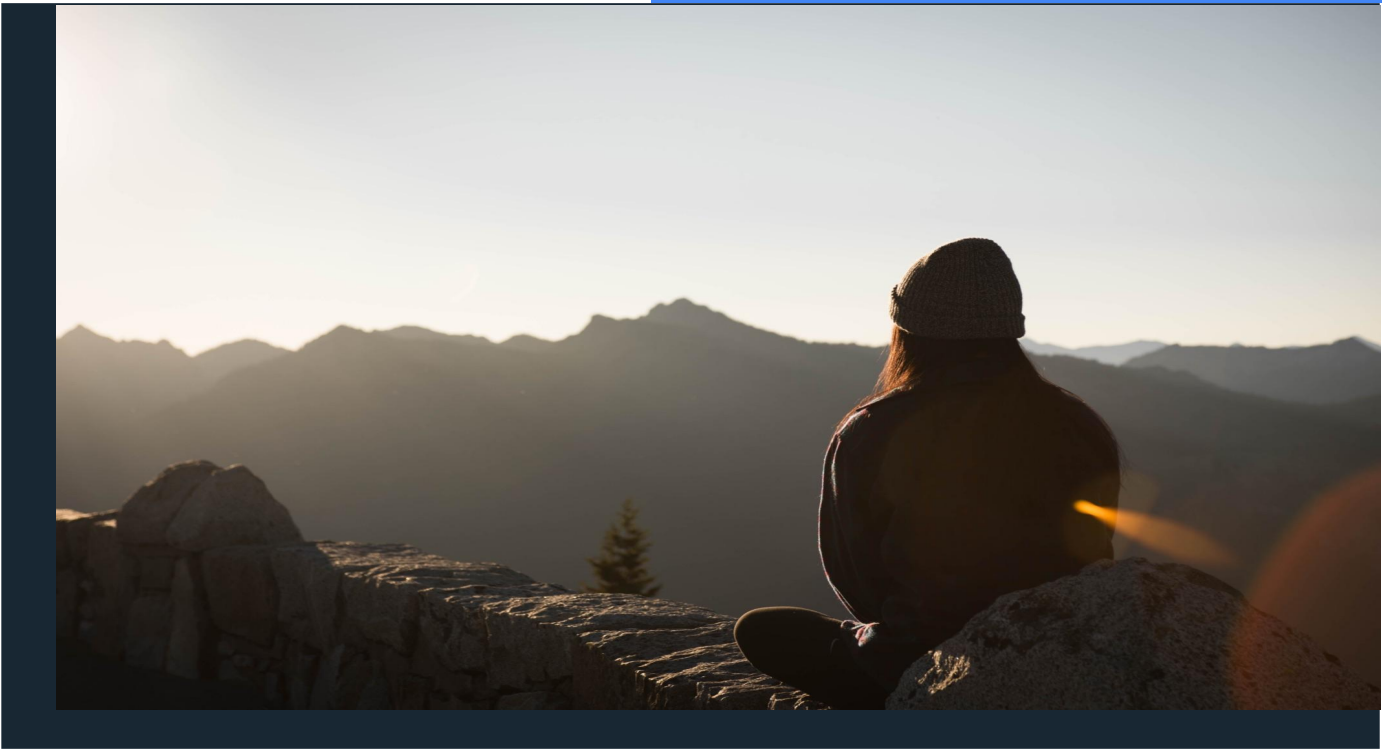


A hug makes you feel good all day.

~ Kathleen Keating

#5. Time Out

Pause and be still!

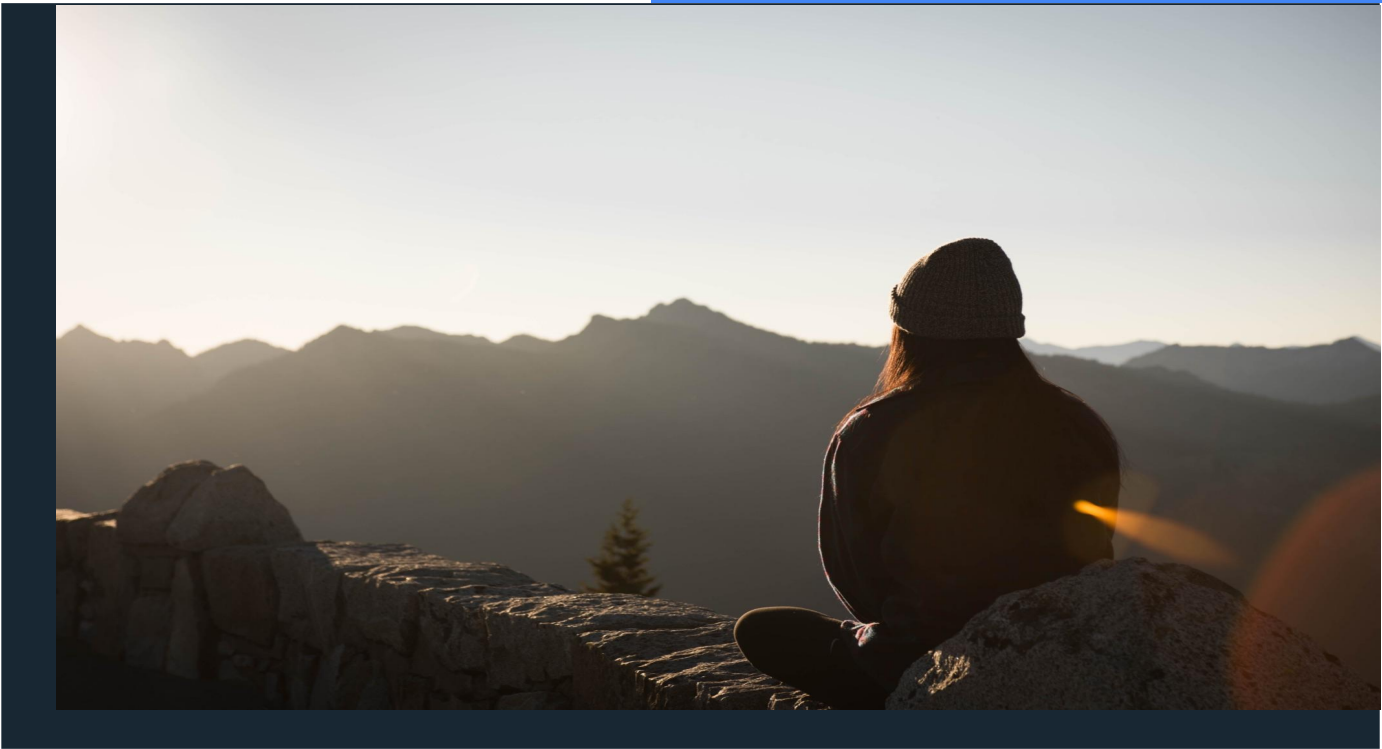


When we take a time out, we give our nervous system a chance to rest and recharge, which can have several positive effects on our overall well-being. One of the main benefits of a time out is that it can reduce stress levels by allowing the sympathetic nervous system to relax and reduce its "fight or flight" response. This reduction in stress can also improve our ability to concentrate and focus, as well as increase our self-awareness and understanding of our emotions and reactions.

Additionally, taking regular breaks can help prevent burnout and increase resilience to stress over time, which can have a positive impact on the nervous system by reducing the frequency and intensity of the stress response. Overall, taking a time out can be a helpful tool for promoting relaxation and improving the health of the nervous system.

#6. Humming

Hum a tune!



Humming can benefit the nervous system in several ways, as it can stimulate the vagus nerve, which is a key part of the parasympathetic nervous system responsible for the "rest and digest" response.

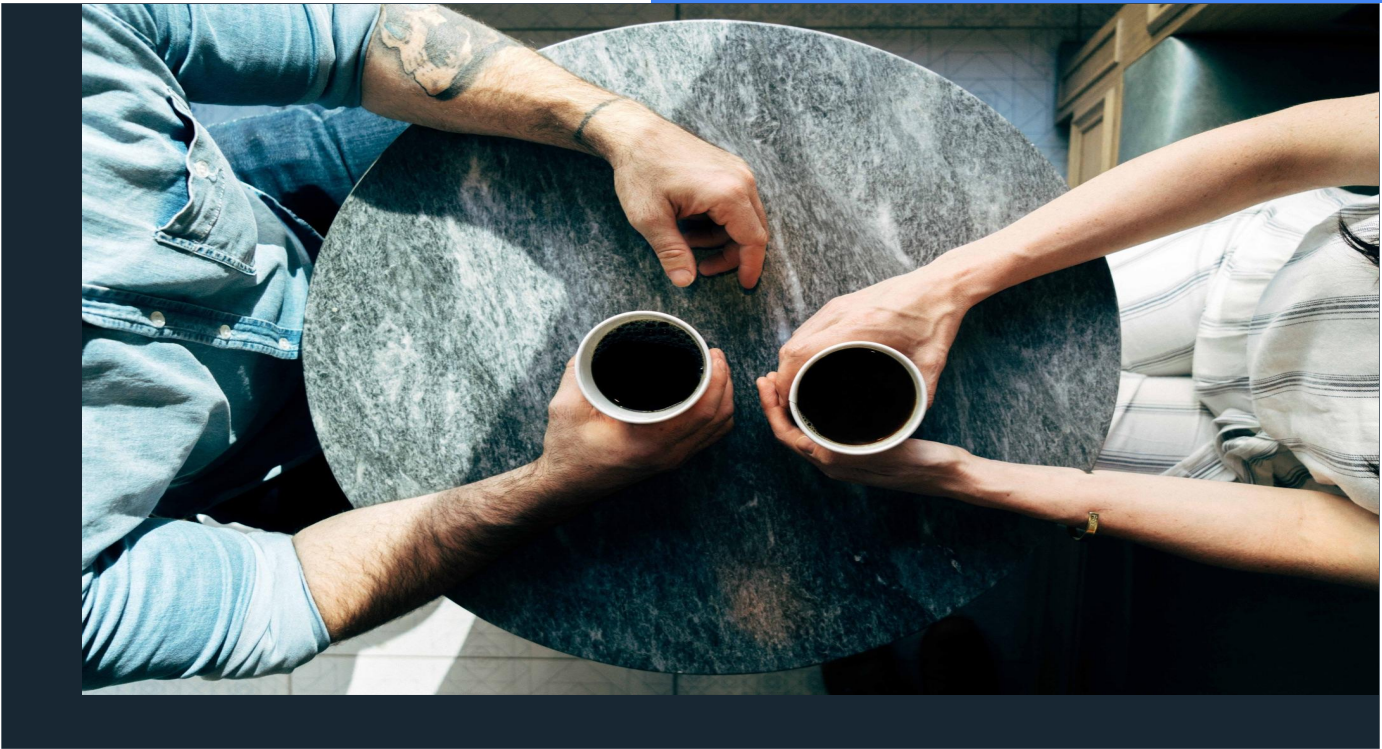
By stimulating the vagus nerve through humming, the nervous system can experience reduced stress levels, lower blood pressure, and increased feelings of relaxation and calm. Humming has also been shown to increase heart rate variability, which is an indicator of a healthy nervous system and the ability to respond to stress in a flexible and adaptive manner.

Additionally, humming can improve breathing patterns, which can also have a positive impact on the nervous system by increasing oxygen intake and reducing feelings of anxiety or tension.

Overall, incorporating humming into our daily routine can be a simple and effective way to support the health and function of the nervous system.

#7.Reduce Caffeine

Stick to a cup a day!



Reducing caffeine intake can benefit the nervous system in several ways, as caffeine is a stimulant that can increase activity in the sympathetic nervous system, leading to feelings of anxiety, restlessness, and difficulty sleeping. By reducing caffeine intake, the nervous system can experience reduced stress levels, improved sleep quality, and an overall increase in feelings of calm and relaxation.

Additionally, caffeine can interfere with the production of adenosine, a neurotransmitter that is important for promoting relaxation and sleep. By reducing caffeine intake, the body can increase its production of adenosine, leading to improved sleep quality and a more balanced nervous system. Furthermore, caffeine consumption can lead to an increase in cortisol, the stress hormone, which can have negative effects on the nervous system over time. By reducing caffeine intake, cortisol levels can be better regulated, which can help prevent negative impacts on the nervous system.

Overall, reducing caffeine intake can be a helpful tool for supporting the health and function of the nervous system, leading to improved feelings of calm and relaxation, better sleep quality, and a more balanced stress response.



“

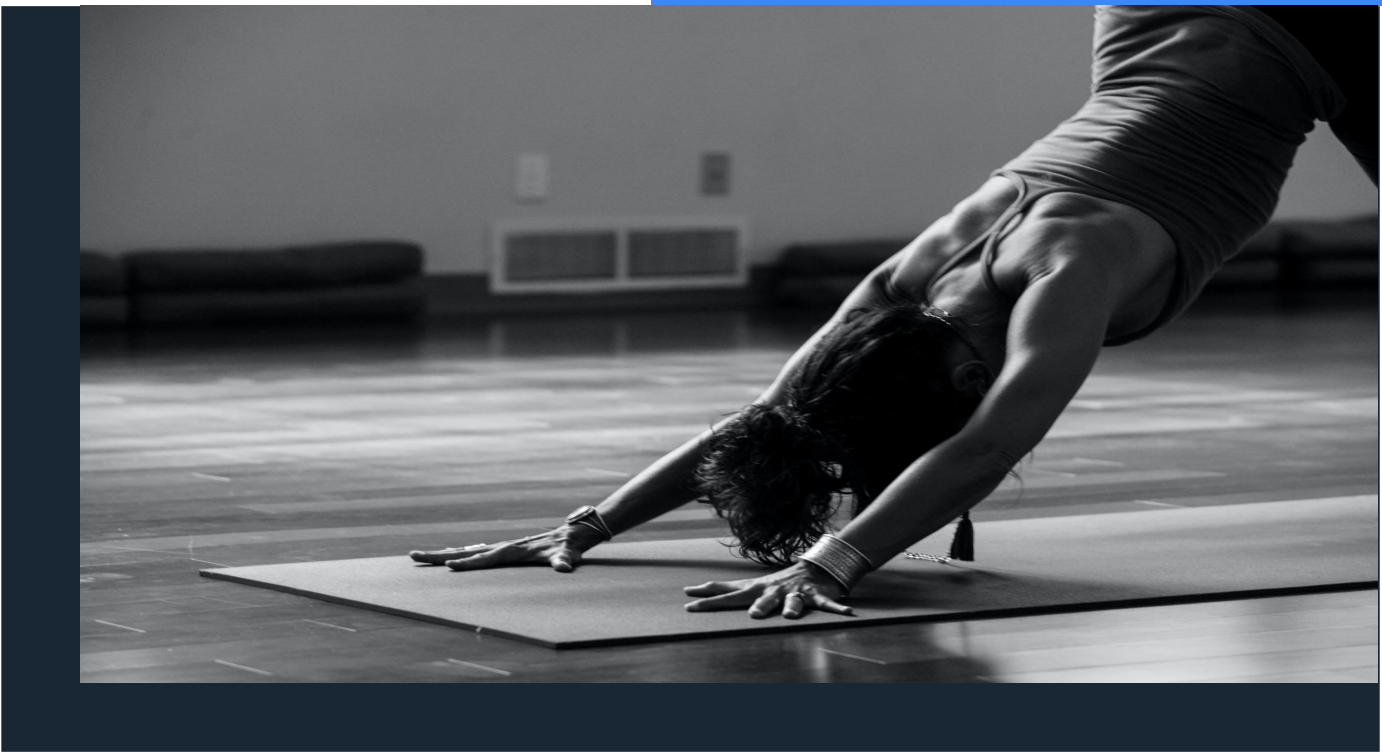
*Coffee keeps me going until it's
time for wine.*

”



#8. Yoga

A downward dog a day keeps the doctor away!



Practicing yoga can benefit the nervous system in several ways, as it can activate the parasympathetic nervous system, again which is responsible for the "rest and digest" response. Through yoga, the body can experience reduced stress levels, improved sleep quality, and an overall increase in feelings of calm and relaxation.

Yoga also incorporates deep breathing and meditation techniques, which can further enhance the relaxation response and stimulate the vagus nerve, a key part of the parasympathetic nervous system. This activation of the parasympathetic nervous system through yoga can also lead to improved heart rate variability, which is an indicator of a healthy nervous system and the ability to respond to stress in a flexible and adaptive manner.

Additionally, the physical postures and movements in yoga can help improve balance, coordination, and flexibility, which can enhance the function and health of the nervous system.

Furthermore, yoga has been shown to reduce inflammation in the body, which can have positive effects on the nervous system by reducing the risk of neurodegenerative diseases and other health conditions.

Overall, practicing yoga can be a powerful tool for supporting the health and function of the nervous system, leading to improved feelings of relaxation and calm, better sleep quality, and a more balanced stress response.



“

Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life.

~ B.K.S Iyengar



#9. Saunas

Sauna and chill!



Sauna therapy can benefit the nervous system in several ways, as it can promote relaxation and reduce stress levels, leading to improved mood and overall well-being. The heat generated in the sauna can stimulate the sympathetic nervous system, which is responsible for the "fight or flight" response, leading to increased circulation and a temporary rise in heart rate. This increase in circulation can have positive effects on the nervous system by improving oxygen and nutrient delivery to the brain and other organs, and can also help to reduce inflammation in the body.

Furthermore, the heat generated in the sauna can stimulate the release of endorphins, which are natural pain-relieving and mood-boosting chemicals in the body. This can lead to reduced feelings of anxiety and depression, and an overall increase in feelings of relaxation and well-being.

Additionally, regular sauna use has been shown to improve sleep quality and reduce the risk of cognitive decline in older adults.

Overall, sauna therapy can be a helpful tool for promoting relaxation, reducing stress levels, and supporting the health and function of the nervous system.

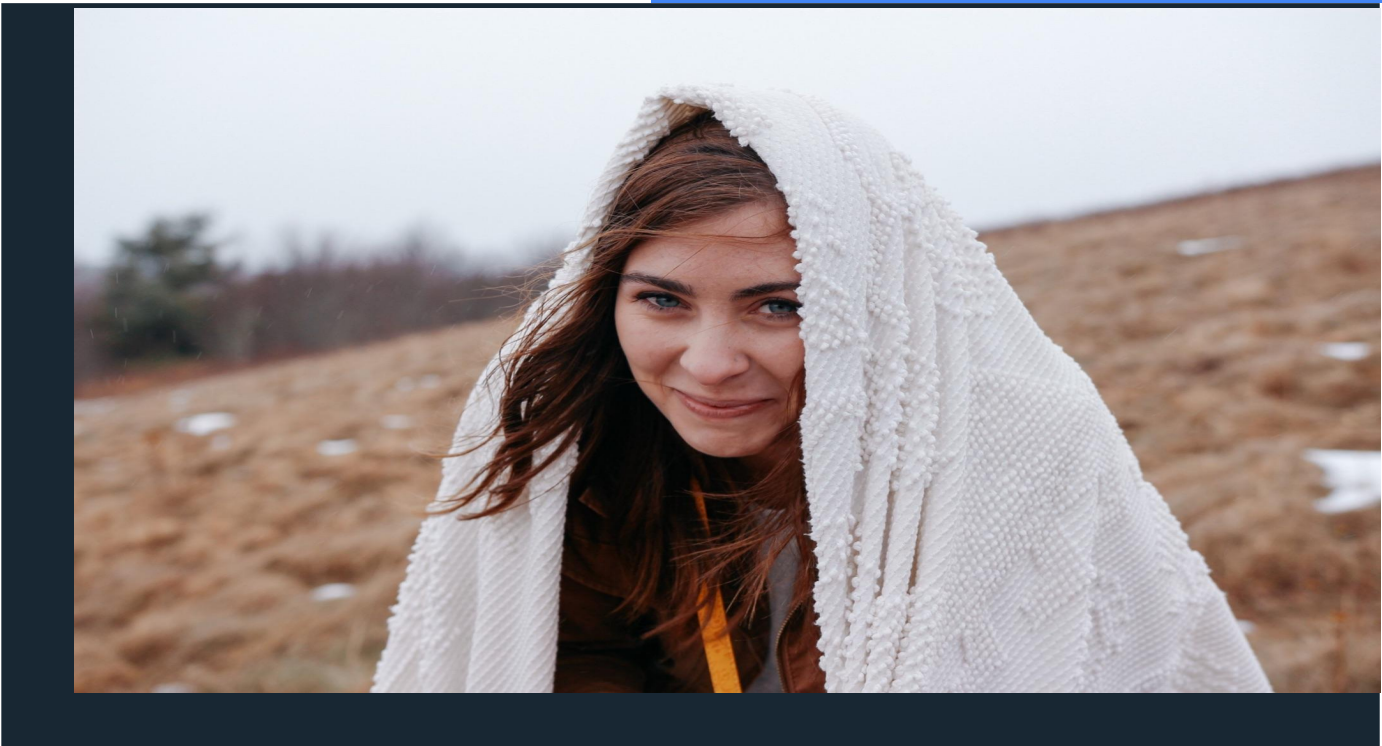


Small things like sauna become great, when you are doing them with love!

~ Unknown

#10. Weighted Blanket

Weigh it down!



Weight provides the brain with a proprioceptive input, which can produce a calming and organizing effect on the central nervous system. A weighted blanket can benefit the body in several ways, as the pressure and weight of the blanket can stimulate the parasympathetic nervous system, leading to a decrease in heart rate and blood pressure, and an overall increase in feelings of relaxation and calm.

The pressure from the weighted blanket can also increase the production of serotonin, a neurotransmitter that helps regulate mood and sleep, leading to improved feelings of well-being and better sleep quality. Furthermore, the weight of the blanket can provide a sense of grounding and stability, which can be especially beneficial for individuals who experience anxiety or sensory processing issues.

The pressure and weight from the blanket can help to reduce feelings of anxiety and overstimulation, leading to an overall decrease in stress levels and improved emotional regulation.

Additionally, the use of a weighted blanket has been shown to reduce symptoms of insomnia and other sleep disorders, leading to improved health and well-being.

Overall, a weighted blanket can be a helpful tool for supporting the health and function of the nervous system, leading to improved feelings of relaxation, better sleep quality, and a more balanced stress response.

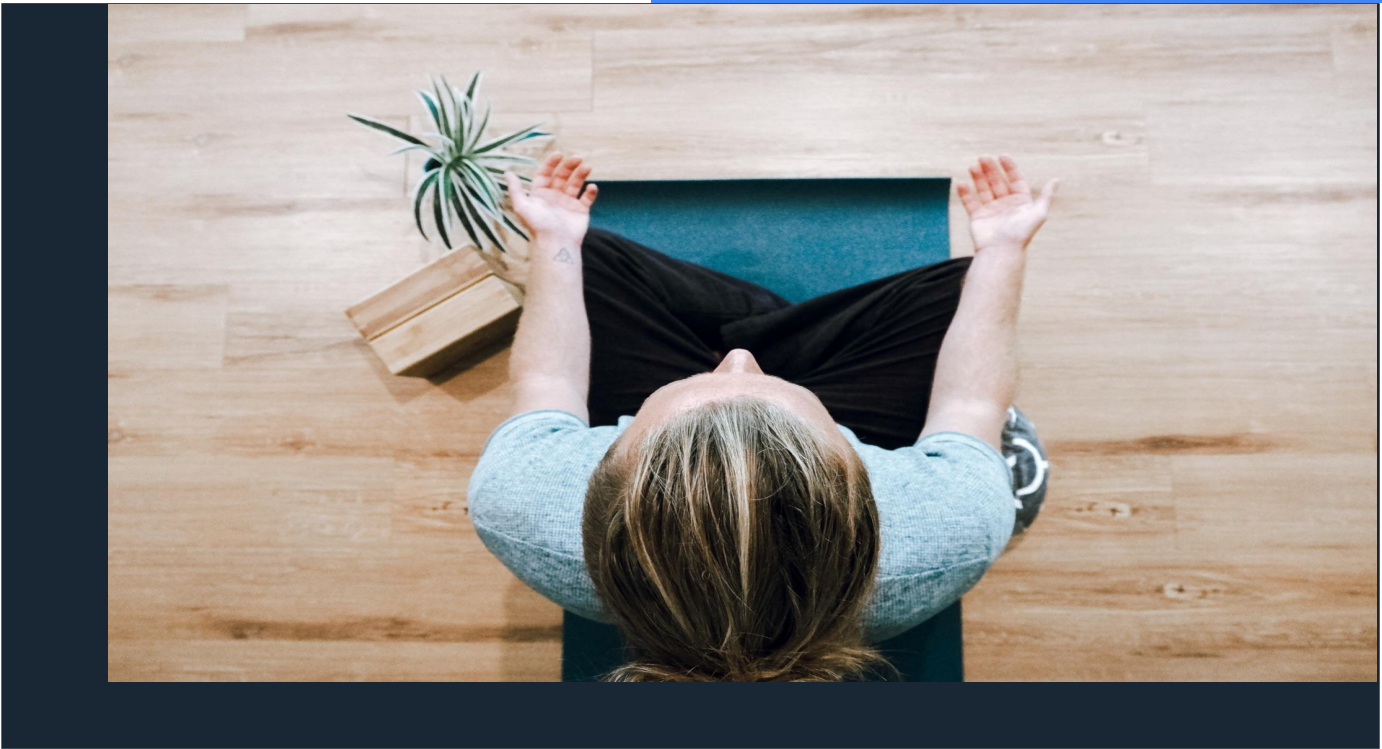


Covered in a blanket of love!

~ Unknown

#11. Meditation

Quiet your mind!



Meditation can reset the nervous system by activating the parasympathetic nervous system, which is responsible for the "rest and digest" response and can help to reduce feelings of stress and anxiety. During meditation, individuals focus on their breath and bring their attention to the present moment, which can help to calm the mind and reduce feelings of worry or rumination.

This practice can lead to decreased levels of cortisol, a hormone associated with the stress response, and an increase in the production of gamma-aminobutyric acid (GABA), a neurotransmitter that helps regulate mood and promotes feelings of relaxation.

Additionally, meditation has been shown to increase activity in the prefrontal cortex, the part of the brain responsible for regulating emotions and decision-making, leading to improved emotional regulation and a greater ability to cope with stressors.

Regular meditation practice can also increase the thickness of the prefrontal cortex and other areas of the brain associated with emotional regulation and attention, leading to long-term improvements in mood and overall well-being.

Overall, meditation can be a powerful tool for resetting the nervous system, leading to reduced stress levels, improved emotional regulation, and better overall health and well-being.

Lastly, a common misconception with many people is that they “can’t meditate” because they can’t quiet the mind, be present, stop the monkey mind, etc. There is no such thing since the purpose of meditation is to be with yourself. Be with your mind, body and spirit without judgement. It’s an act of being with self, PERIOD! If your mind races, GREAT! If you fall asleep, PERFECT! It’s exactly what your body needs.



The thing about meditation is: You become more and more you.

~ David Lynch

#12. Breath Work

Breathe it away!



Last but certainly not least, breath work. In terms of overall benefit, it is the most beneficial key to not just resetting your nervous system but your overall health in general. Breath work, or controlled breathing techniques, can reset the nervous system by activating the parasympathetic nervous system, leading to a decrease in heart rate, blood pressure, and overall feelings of stress and anxiety.

By controlling the breath, individuals can slow down their heart rate and promote a state of relaxation, which can help to counteract the effects of the sympathetic nervous system, responsible for the "fight or flight" response.

Breath work can also increase the production of nitric oxide, a molecule that helps to dilate blood vessels and improve blood flow, leading to improved oxygen and nutrient delivery to the brain and other organs.

Additionally, certain breath work techniques, such as diaphragmatic breathing, can stimulate the vagus nerve, which plays a key role in regulating the parasympathetic nervous system and promoting feelings of relaxation and calm.

Regular practice of breath work has been shown to improve sleep quality, reduce symptoms of anxiety and depression, and improve overall mental and physical health.

Overall, breath work can be a helpful tool for resetting the nervous system, leading to improved relaxation, reduced stress levels, and better overall health and well-being.


“

Conscious breathing heightens awareness and deepens relaxation.

~ Dan Brule



Conclusion

In closing, ideally you are left with a profound sense of empowerment and hope. The book's journey has come to an end, but the transformation it sparks continues far beyond its final chapter.

The knowledge and tools gained throughout the book are not meant to be merely intellectual exercises. They are invitations to take action, to step into the role of an active participant in their own healing and well-being.

I encourage you to reflect on your own unique experiences, challenges, and aspirations, recognizing that each of your paths' to resetting your nervous system will be as individual as you are. The book serves as a guide, providing a rich tapestry of approaches and techniques, but it is ultimately up to you to find what resonates and works best for you.

With this understanding, there is a call to action and to practice self-compassion and patience. Resetting the nervous system is a journey that requires time, dedication, and a willingness to adapt as circumstances change. It is a continuous process of learning, growth, and self-discovery.

The goal of the book is to leave you with a sense of possibility and renewed purpose. I want to remind you that you possess within the capacity to heal, to restore balance, and to cultivate resilience. Armed with the knowledge and tools acquired from reading this book you are now equipped to face the challenges of life with greater awareness, grace, and inner strength.

In the end, the last step is yours! You can go about your day, change nothing OR if you truly want change in your life, choose 3 or 4 of these techniques and start using at least one each and every day with purpose, intentions and passion.






To The Best Version of Yourself,

♥ Kris



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