NERVOUS SYSTEM TOOLKIT

The nervous system is critical for your health and well-being. It controls anything from basic behaviors like breathing, and heart rate to more elaborate mechanisms like learning and emoting. Being able to tune in and connect with your nervous system gives you access to the inner resources to ground and self-sooth. By being aware of your nervous system, and working on nervous system regulation you can create a sense of safety within. Experiment with any of these practices that can be used to help calm and regulate your nervous system.

1- Shake It Out

Shaking is the body's way of releasing cortisol (stress hormones) in order to calm itself down, and regulate.

How To:
- Bend knees slightly, plant both feet on the ground, begin slowly bouncing up and down
- Let shoulders, stomach, and hands relax as you shake
- Shake vigorously for 10-15 minutes, attending to how your body feels as you move.

2- Bilateral Stimulation

Through stimulating each hemisphere of the brain, you can access more high functioning parts of the brain like the prefrontal cortex. In hyper-arousal the limbic system cuts off communication, disallowing you to think using logic.

How To:
- Pick up a light object around you (pencil, phone, utensil, water bottle, etc.)
- Hold the object arms length away, and at eye level
- Without moving either your head or neck, move the object to the left slowly, following only with your eyes.
- Move the object slowly back to the center, and continue on with the right side
- Practice for 30-60 seconds at a time

3- Patting Yourself Down

Patting yourself down brings awareness to the body, allowing yourself to experience the sensation can help with getting you out of your head. The abrupt stimulation of nerves through touch can disrupt anxious thought patterns, and the firm sensation can increase blood flow-stimulating the parasympathetic nervous system.

How To:
- Cup your hands like you're trying to hold water in each hand
- Begin at the top of your head and pat your cupped hand slowly and repetitively as you alternate between right and left hands
- Pat down your whole body from head, to shoulders, chest, stomach, thighs, knees, calves and feet.

4- Legs Propped Against the Wall

By laying flat on your back and propping your legs up against the wall at a ninety degree angle is a tool to relieve lower back pain, and reduce symptoms of anxiety.

If you're experiencing shortness of breath, or dizziness, this pose can also help restore a sense of balance within.

5- Balance Exercises

By engaging in exercises that require coordination and balance means you must pay attention to your internal landscape, while giving your body information about your physical environment. This use of proprioception and interoception is an effective and quick way to bring your prefrontal cortex back on line

Examples:
- Balancing on one foot
- Walking a tightrope or balance beam
- Walking backwards
- Practices like yoga or Tai Chi

Therapy Techniques Toolkit

Michael Rajnik

Therapy Techniques Toolkit:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Therapy Techniques Toolkit**

In a global inundated with displays and the cacophony of instant interaction, the profound energy and mental resonance of verbal artistry usually fade into obscurity, eclipsed by the regular barrage of noise and distractions. Yet, situated within the lyrical pages of **Therapy Techniques Toolkit**, a charming perform of fictional splendor that impulses with natural emotions, lies an remarkable trip waiting to be embarked upon. Written by a virtuoso wordsmith, that enchanting opus courses visitors on a psychological odyssey, delicately revealing the latent potential and profound affect embedded within the complex web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is key styles, dissect its charming writing fashion, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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