

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 interception 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

Jonathan D. Raskin, Sara K. Bridges



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Table of Contents Therapy Techniques Toolkit

1. Understanding the eBook Therapy Techniques Toolkit
 - The Rise of Digital Reading Therapy Techniques Toolkit
 - Advantages of eBooks Over Traditional Books
2. Identifying Therapy Techniques Toolkit
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Therapy Techniques Toolkit
 - User-Friendly Interface
4. Exploring eBook Recommendations from Therapy Techniques Toolkit
 - Personalized Recommendations
 - Therapy Techniques Toolkit User Reviews and Ratings
 - Therapy Techniques Toolkit and Bestseller Lists
5. Accessing Therapy Techniques Toolkit Free and Paid eBooks
 - Therapy Techniques Toolkit Public Domain eBooks
 - Therapy Techniques Toolkit eBook Subscription Services
 - Therapy Techniques Toolkit Budget-Friendly Options

6. Navigating Therapy Techniques Toolkit eBook Formats
 - ePub, PDF, MOBI, and More
 - Therapy Techniques Toolkit Compatibility with Devices
 - Therapy Techniques Toolkit Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Therapy Techniques Toolkit
 - Highlighting and Note-Taking Therapy Techniques Toolkit
 - Interactive Elements Therapy Techniques Toolkit
8. Staying Engaged with Therapy Techniques Toolkit
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Therapy Techniques Toolkit
9. Balancing eBooks and Physical Books Therapy Techniques Toolkit
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Therapy Techniques Toolkit
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Therapy Techniques Toolkit
 - Setting Reading Goals Therapy Techniques Toolkit
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Therapy Techniques Toolkit
 - Fact-Checking eBook Content of Therapy Techniques Toolkit
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

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- Interactive and Gamified eBooks

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