



Six Steps to Regulate Your Nervous System

**When Everything
Feels Too Much**

*A gentle practical guide for women
who are functioning on the outside
but struggling with the inside*

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If you are currently feeling...



Like you cannot do this.



Like you want to stay in bed and not face another day.



Like everything is overwhelming even the small things.



Like you appear fine on the outside but you are definitely not fine on the inside.

Then this guide is for you

You are not a failure. You are not broken. Your body is doing exactly what it needs to do to protect you.

These six steps will help you create small moments of safety for your nervous system so your body can begin to exhale.





Your body is not broken

It is protecting you

When we are stuck in chronic stress or functional freeze our nervous system stays on high alert to keep us safe.

These six simple, body based steps help signal safety to your body so it can begin to settle.

You don't have to fix everything.
You just have to begin.

Step 01

Take One Slow Breath, Just One

What to do?

Place one hand on your chest and one on your belly. Take a slow breath in through your nose for a count of four. Then breathe out through your mouth for a count of six. Slowly. Gently. Just once.

Why it matters?

Your out-breath activates the vagus nerve, the main pathway of your parasympathetic nervous system. A longer exhale tells your body, right now, in this moment, I am ok.

* Try this right now

Breathe in for four.
Breathe out for six.
Do it once. Notice if anything softens, even just slightly.



Step 02

Feel Your Feet on the Floor

What to do?

Press your feet flat onto the floor. Feel the ground beneath you. Notice the pressure, the temperature, the texture through your sock or shoes. You might also have your back against the chair you are sitting on.

Why it matters?

Grounding through physical sensation sends a signal to your brain that you are here, right now, not in the past, not in the future. It interrupts the stress loop and brings you back in your body, gently.

* Try this right now

Feel your feet.
Press them down.
Take a breath. Say quietly to yourself.
I am here. I am ok right now.



Step 03

Let Your Body Move Even Just a Little

What to do?

Stand up and shake your hands gently. Roll your shoulders. Turn your head slowly side to side. Stretch your arms above your head. Walk to the kitchen and back. You do not need a workout. You just need to move.

Why it matters?

Stress hormones like cortisol and adrenaline are designed to be discharged through movement. When we stay still which freeze often makes us do, those hormones stay in the body and keep the alarm bells ringing. Even small movement helps the nervous system begin to discharge what it is holding.

✿ **Try this right now**

Right now: stand up, shake your hands out for thirty seconds. That is enough. Let your body release a little of what it is carrying.





Step 04

Notice Five Things You Can See

What to do?

Look around the room. Find five things you can see. Name them slowly, either out loud or in your head. Take your time. Let your eyes actually land on each thing.

Why it matters?

This is an interoceptive and orienting practice. When your nervous system is in a state of threat, your vision often narrows, a survival response that keeps you scanning for danger. Slowly orienting to your surroundings tells your brain: I am safe here. There is no threat right now. It helps your system come out of high alert.

 **Try this right now**

Look around slowly. Find five things. Name them. Notice how your body feels as you do.

Step 05

Place a Hand on Your Heart and Say Something Kind

What to do?

Put one hand over your heart. Feel the warmth of your own hand. Then say out loud if you can, or quietly to yourself something simple and kind. Like: “This is really hard. I am doing my best. I am allowed to struggle.”

Why it matters?

Self-compassion is not soft. It is physiologically regulating. Research shows that self-critical thoughts activate the same threat response as external danger. Kindness even your own activates the soothing system. Warm physical touch also stimulates the vagus nerve and helps signal safety. You deserve the same gentleness you would offer a friend.

 **Try this right now**

Hand on heart. One kind sentence. That is it. You do not have to believe it fully yet. Just say it



Step 06

Reach for Someone Safe

What to do?

Send a message to someone you feel safe with. It does not have to say much. Maybe: “I am having a hard day.” Or just reach out to let them know you are thinking of them. Even a short, warm interaction counts.

Why it matters?

We are wired for connection. Our nervous systems actually regulate through contact with other safe people. This is called co-regulation. It is not a weakness to need other people. It is biology. Isolation keeps the nervous system in a state of threat. Even a small moment of warmth with another person can begin to shift that.

✿ Try this right now

Think of one person who feels safe to you. Reach out today even just a brief message. Let yourself be seen, even a little.



THE SIX STEPS

Quick Reference

SIMPLE STEPS TO COME BACK TO YOU



01

Take a Long Exhale

Slow, longer exhales calm your nervous system and send a signal of safety to your body.



02

Feel Your Feet

Ground yourself by noticing the contact between your feet and the floor.



03

Let Your Body Move

Stand up. Shake. Stretch. Walk.
Movement helps your body release stress chemicals.



04

Notice Five Things You Can See

Look around and name five things.
This brings you back to the present moment.



05

Place a Hand on Your Heart and Say Something Kind

Offer yourself compassion. Kind words activate your soothing system.



06

Reach for Someone Safe

Connection regulates. A message, a call, a moment of connection helps.



*You are not too much. You are not alone.
One small step is enough.*

BE GENTLE WITH YOURSELF

NERVOUS SYSTEM RESET ii

YOU ARE ENOUGH

You are not too much.

You are doing your best.



Hi, I'm Lee

I'm a Mental Wellbeing and Positive Psychology Practitioner and Somatic Trauma-Informed Coach. I also teach Pilates.

I work with women who look fine from the outside but are struggling on the inside.

I know this space well because I've been there, doing all the right things, getting through the days, but still feeling flat and stuck.

What changed things for me was understanding that what I was carrying wasn't just in my head. It was in my body. And you can't always think your way out of how you feel.

That's the heart of how I work now. I'm not here to fix you. I'm here to help you understand what's happening and begin building the capacity to cope with life as it is, one gentle step at a time.

