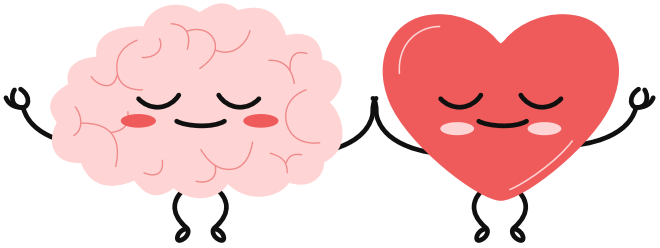
WORKSHOP

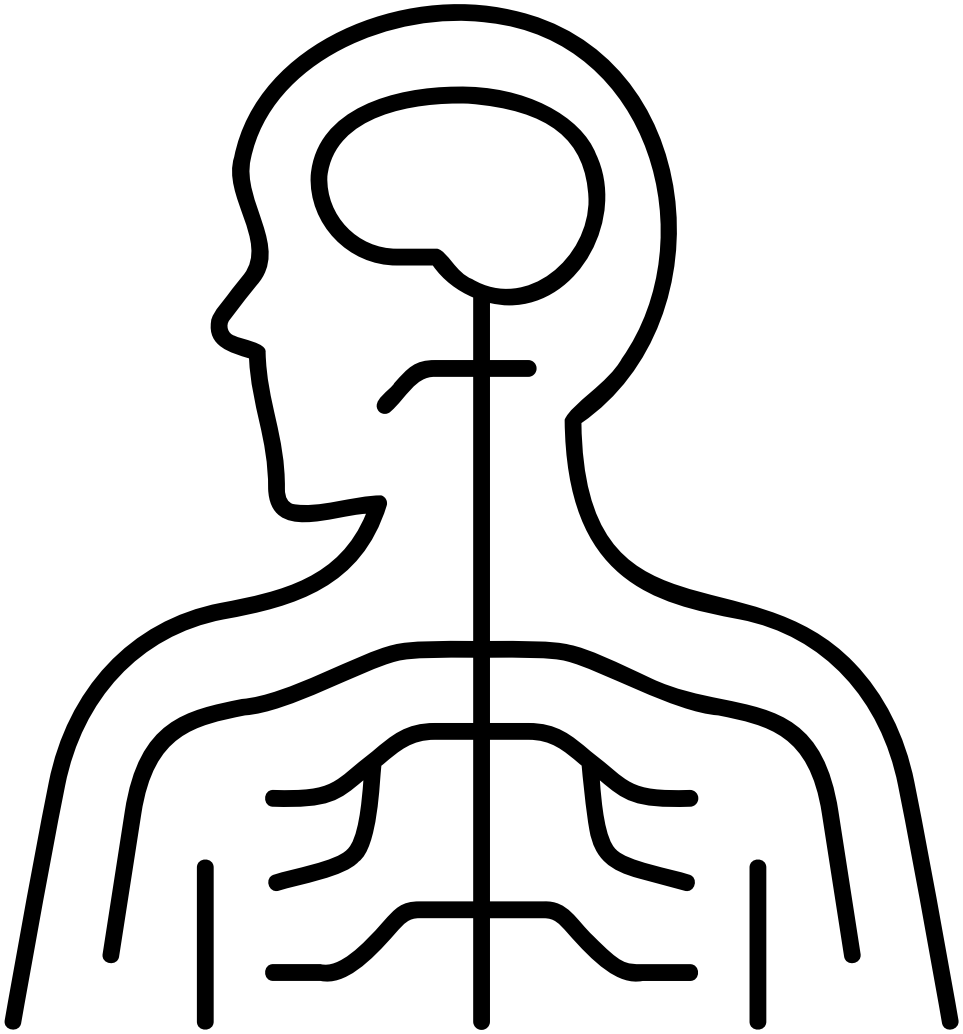
Cultivating Calm



"Calm isn't something you find — it's something you practice returning to, again and again, until it becomes home."

THE *Nervous System*

Automatic Nervous System:
Sympathetic Nervous System (SNS) - Fight, Flight, Freeze &
Parasympathetic Nervous System (PNS) - Rest, Digest, Heal
Vagus Nerve - The Body's Calm Pathway

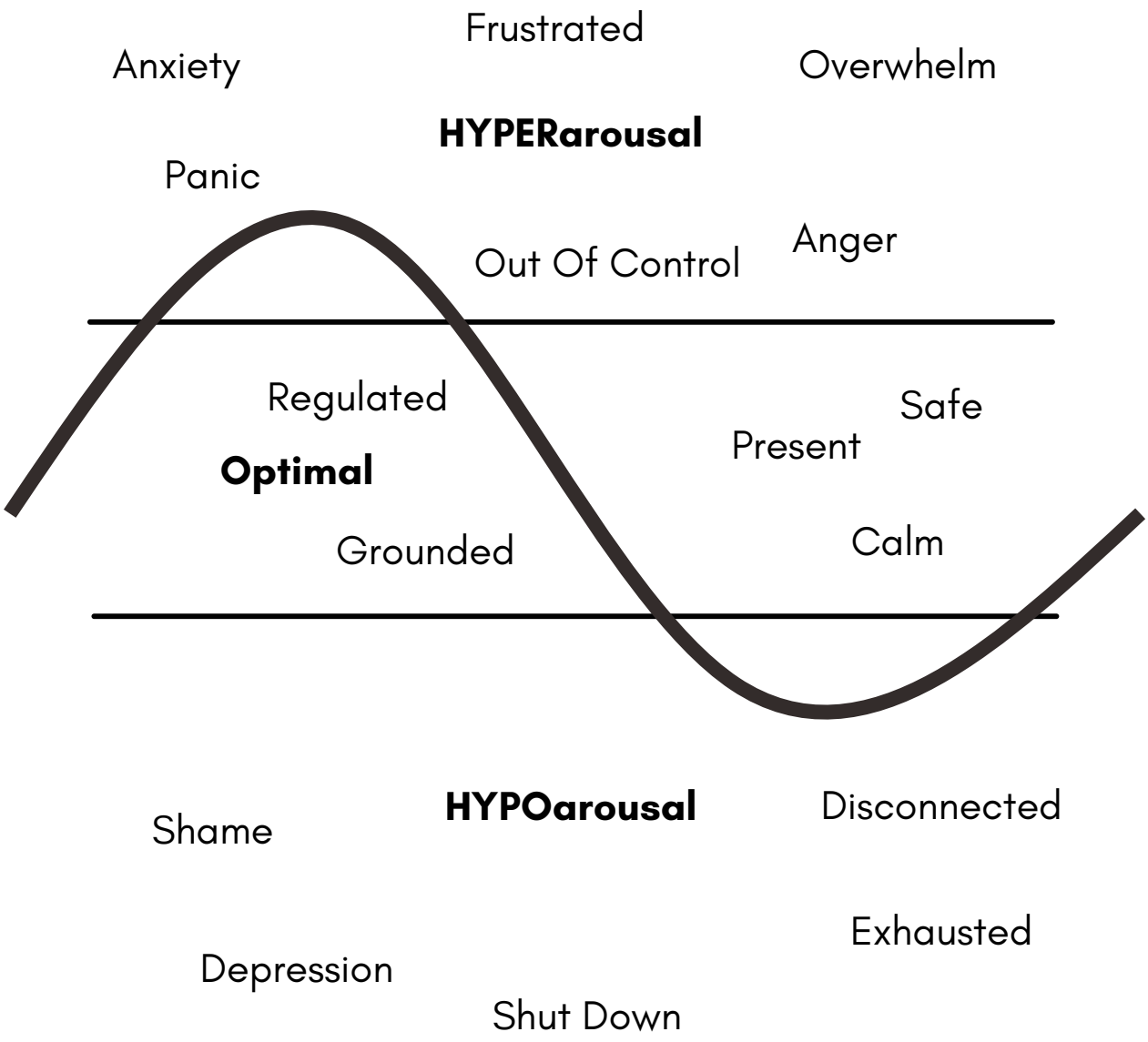


5 PILLARS OF *Cultivating Calm*

1. **Awareness** - Notice what's happening inside.
2. **Breath** - Regulate from the inside out.
3. **Body** - Somatic Approaches to cultivating calm.
4. **Mindset** - What's you inner dialoge?
5. **Lifestyle** - Choose what your NS needs daily.

AWARENESS

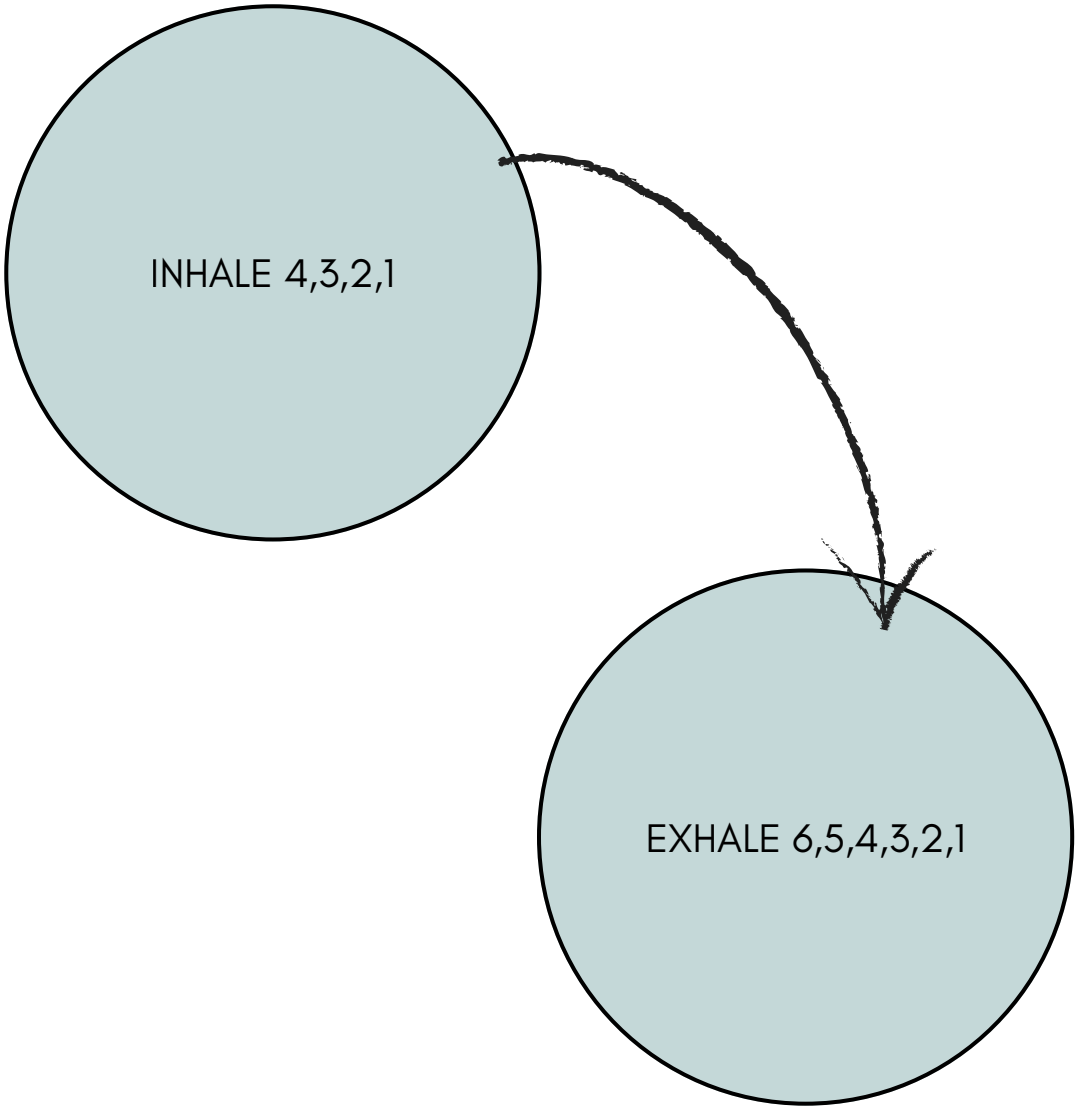
WINDOW OF *tolerance*



BREATH

4, 6 *breathing*

Inhale for a count of 4, exhale for a count of 6, repeat 3-5 times.



BODY

Ear Massage
Body Massage
Self Hug
EFT - (Emotionally Focused Tapping)
Slow MIndful Movement
Shaking
Grounding



MINDSET

What is your inner dialoge?

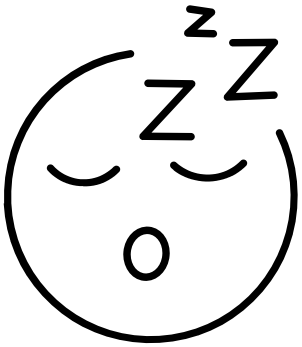
Compassionate Self Talk
Mantras
Meditation



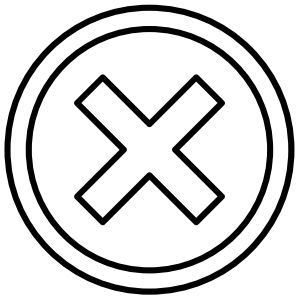
LIFESTYLE



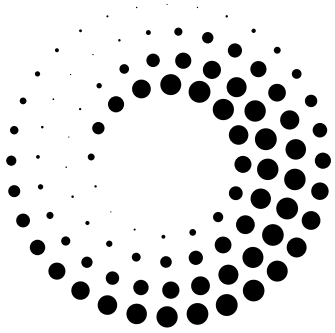
Nature+Sun+Stillness



Sleep Hygine



Boundaries



Movement that Calms vs.
Movement that Stimulates



Nourishment

Journal Prompts

- What sensations tell me I am getting overwhelmed?
- What does “calm” feel like in my body?
- What helps me return to myself?
- What boundaries help me protect my peace?
- What does my nervous system need more of right now?
- What emotions am I avoiding that keep my body in tension?