

WHAT IS THE STATE OF YOUR NERVOUS SYSTEM NOW?



Is Your Life Calling for STILLNESS, PAUSE or some MENTAL SPACE?

TAKE THIS SHORT SELF-DISCOVERY QUIZ TO SEE IF YOUR BODY AND
MIND ARE ASKING FOR A RESET.

01	Do you often feel overwhelmed by your daily responsibilities, even the small ones?	YES ☐	NO ☐
02	Do you notice yourself reacting quickly - irritated, anxious, or impatient - without meaning to?	YES ☐	NO ☐
03	Do you crave silence or alone time but rarely give yourself permission to enjoy it?	YES ☐	NO ☐
04	Do you have trouble falling asleep or staying asleep because your mind won't stop racing?	YES ☐	NO ☐
05	Do you feel emotionally scattered or disconnected from your body?	YES ☐	NO ☐
06	Do you keep thinking, "Something has to change," but don't know where to begin?	YES ☐	NO ☐
07	Do you feel like you've lost touch with your inner wisdom, energy, or purpose?	YES ☐	NO ☐
08	Do you notice physical signs of stress - tight chest, shallow breath, clenched jaw - throughout the day?	YES ☐	NO ☐
09	Do you find it hard to make clear decisions because everything feels equally noisy or urgent?	YES ☐	NO ☐
10	Do you wish for a sense of calm, focus, and emotional balance but feel unsure how to create it?	YES ☐	NO ☐

Maybe YES

Your nervous system may be signaling it's time to pause.

Your body and mind are asking for spaciousness, stillness, and a deeper connection to your inner self. You may benefit greatly from a gentle program that helps you reset, regulate, and reconnect with your own clarity and vitality

Maybe NO

Good for you!! You **are** on the right path!!

You may already have tools to ground and calm yourself.

If you'd like to deepen your awareness and create even more ease in your daily life, book a call with me and we can discuss how we could work on that together.

3 Body Based Practices to calm the Nervous System



Mindful Walking: Heel-to-Toe Grounding

Walk slowly in a quiet space.
Focus on the sensation of your feet touching the ground—heel, arch, ball, toes.
Mentally note: “Left... right... left... right...”

Self-Touch: Soothing Pressure Hold

Place one hand on your forehead, the other on your chest.
Stay like this for 20–30 seconds or more. Notice warmth, pressure, and sensations.



Shake It Out: Gentle Tension Release

Stand with your feet hip-width apart.
Gently shake your hands, arms, shoulders, hips, and legs.
Keep shaking for 30–60 seconds.

Hello!



Ready to explore a new way to feel calm, clear, and connected—especially when life feels like a lot? Let's go deeper—beyond the stress, the mental noise, and the constant doing.

Connect with me to discover how to:

- **Reclaim your vitality** when you feel drained
- **Support your nervous system** when you feel overwhelmed
- **Create inner space** when you feel scattered or disconnected

connect with me
Let's explore it together

[book a CALL](#)