



THE 2-MINUTE NERVOUS SYSTEM TOOLKIT

Stop the Snap. Calm Your Body.
Come Back to You.

For exhausted women who wake up tired, do everything for everyone, snap by 6PM, then collapse rather than rest.

This toolkit includes 33 fast, easy & simple tools to help you bring safety back into your body - the first step to true healing.

WELCOME

You don't need more mindset work. Your body isn't waiting for a better thought — it's waiting for a felt sense of safety.

This toolkit gives you fast, simple, somatic micro-practices that can shift your nervous system out of survival and back into presence in 2 minutes or less.

These tools aren't about suppressing emotion or “staying calm.” They help your system do what it was designed to do: move between states and return to safety with ease.

A regulated nervous system isn't an always calm life.

A healthy nervous system is not one that never gets triggered. It's one that can flexibly move through:

flight, fight, freeze, fawn.

HOW TO USE THIS TOOLKIT

You don't need all 33 tools at once, just one tool, for 60–120 seconds, can shift your state.

Pick a tool based upon how you're feeling (they are all categorized) and do it when you're triggered so you don't stay in the trigger.

And use it when things are going great, to expand your nervous system's tolerance for glimmers rather than only triggers.

USE THESE TOP 3 FOR INSTANT RELIEF

Emergency relief starts here. Use these 3 tools first — even skeptics feel the shift in seconds.

01

SHAKE IT OFF

Shake your whole body for 30–60 seconds like a wild animal after a chase.

Releases stress chemicals - Gets energy unstuck - Brings instant relief

02

DR PORGES' EYE EXERCISE

Keep your head still.

Look all the way left for 30 sec.

Then look all the way right for 30 sec.

*Instantly downshifts your nervous system - Releases neck tension
- Helps you feel safe*

03

DOUBLE INHALE + LONG EXHALE

Inhale once.

Inhale again.

Hold.

Exhale through your mouth for 6–8 seconds.

*Signals your body you're safe - Discharges emotional pressure -
Clears your mind*

Quick Access — “Choose Your Tool” Index

What do you need right now?

If you're...

Jump to...

About to yell:

1, # 3, # 8

Anxious or shaky

2, # 9, # 10

Spiraling at night

14, # 21, # 29

Numb, disconnected,
or shutdown.

5, # 12, # 13

People-pleasing on
autopilot

16, # 18, # 20

Emotionally flooded

26, # 27, # 33

Overwhelmed

7, # 9, # 24

On edge & over
stimulated.

4, # 5, # 23

CATEGORIES

Your Somatic Micro-Tool Map

1. FIGHT

anger, snapping, tension

2. FLIGHT

anxiety, worry, racing thoughts

3. FREEZE

numbness, shutdown, disconnection

4. FAWN

people-pleasing, over-accommodating

5. UNIVERSAL DOWN-REGULATION

works in any state, including 'good' ones

6. EMOTIONAL RELEASE & RECONNECTION

when you're full, stuck, or lost



FIGHT STATE TOOLS

ANGER, SNAPPING, IRRITATION, TIGHTNESS

1. Somatic Shaking (Dr Peter Levine)

Shake your arms, legs, and torso for 30–60 seconds, letting your jaw stay loose.

This releases pent-up fight energy so your system can soften.

2. Push the Wall

Press both palms firmly into a wall while you slowly exhale through your mouth.

This safely completes the “fight” impulse without conflict or explosion.

3. Vagal Vocal Exhale

Take a breath in and exhale with a long, audible “voooo” sound.

This vibrates your vocal cords and helps down-regulate sympathetic intensity.

4. Double Inhale + Long Exhale

Inhale once, inhale again sharply, then exhale slowly through your mouth.

This interrupts emotional escalation and resets your brainstem.

5. Orienting (Somatic Experiencing)

Look slowly around the room and let your eyes rest on something neutral or pleasant.

This shows your system that the environment is safe right now.

FLIGHT STATE TOOLS

ANXIETY, OVERWHELM, RACING MIND

6. Lateral Eye Movement (Dr Stephen Porges)

Sit still with your head relaxed and move your gaze left for 30 seconds, then right for 30 seconds.

This tones the vagus nerve and calms hyperarousal.

7. Weighted Exhale

Drop your shoulders as you exhale slowly through pursed lips.

This slows your breathing and softens the sense of urgency.

8. Coherent Breathing (6:6)

Inhale gently for a count of 6, exhale for a count of 6.

This resets your respiratory rhythm and steadies your mind.

9. Gentle Swaying

Sit or stand with your feet grounded and sway side-to-side in a slow rhythm for 20–40 seconds.

This activates the social engagement system and reduces panic.

10. 4–7–8 Breath

Inhale through your nose for 4, hold for 7, exhale through your mouth for 8.

This down-regulates your nervous system and interrupts spiralling thoughts.

FREEZE STATE TOOLS

NUMB, SHUT DOWN, GONE, BLANK

11. Hand on Heart + Belly

Place one hand on your chest and one on your lower belly, breathing slowly. This reconnects dorsal shutdown with warmth, presence, and safety.

12. Stomp & Feel

Take slow, heavy steps and notice the pressure under your feet. This reawakens sensation when you feel numb or checked out.

13. Warm Compress Reset

Place a warm cloth or heat pack on your chest or upper back for 30–60 seconds. This invites frozen states to soften and helps your system come back online.

14. Name Three Sensations

Gently name three sensations you can feel in your body (e.g. “tight chest, warm hands, heavy legs”).

This restarts interoception without overwhelming you.

15. Glimmers (Deb Dana)

Look for one small thing that feels even a tiny bit pleasant or safe right now. This helps your system find micro-moments of ventral vagal connection.

FAWN STATE TOOLS

PEOPLE-PLEASING, OVER-GIVING, DISAPPEARING INTO OTHERS

16. Boundary Breath

Inhale as you imagine your energy expanding; exhale as you claim the space around you. This strengthens your sense of “I’m here, and I matter” when you’re merging with others.

17. Havening

Gently stroke your upper arms from shoulder to elbow in a slow, repeated motion. This touch pattern produces soothing brain waves and reduces stress.

18. Parts Softening (IFS-Informed)

Place a hand on your chest and internally say, “You don’t have to fix or please anyone right now.”

This calms the people-pleasing protector parts that keep you safe by over-giving.

19. Chest Expansion Stretch

Roll your shoulders back, lift the chest slightly, and breathe into that space.

This reinforces the somatic sense of “I’m allowed to take up room.”

20. Somatic Yes/No

Think of a choice and notice whether your body subtly expands or contracts.

This rebuilds trust in your internal cues so you don’t abandon yourself.

UNIVERSAL DOWN-REGULATION TOOLS

WORKS IN ANY STATE

21. Vocal Toning or Humming

Hum a low tone (like “mmm” or “om”) during a long exhale.

This vibrates the vagus nerve and brings quick calm.

22. Micro Relaxation Trio

Release your jaw, drop your shoulders, and soften your belly.

These three areas hold survival tension and releasing them brings fast relief.

23. Polyvagal Touch Points

Apply gentle pressure to your cheekbones or jawline while breathing slowly.

This stimulates cranial nerves involved in social engagement and safety.

24. Ground Through Your Feet

Press your feet firmly into the floor and feel the weight shifting through your soles.

This anchors your energy and reduces overwhelm.

25. Slow Neck Rotation

Turn your head slowly side to side while breathing, staying within comfort.

This loosens neck tension and signals safety to your nervous system.

EMOTIONAL RELEASE & RECONNECTION TOOLS

WHEN YOU'RE FULL, STUCK, OR LOST

26. Pendulation (Somatic Experiencing)

Gently bring attention to a difficult sensation, then shift to a neutral or pleasant one, and back. This releases intensity without overwhelming your system.

27. Containment Visualization

Breathe into your belly and allow it to gently expand on the inhale.

This interrupts survival bracing and invites calm.

28. Soft Belly Breath

Breathe into your belly and allow it to gently expand on the inhale.

This interrupts survival bracing and invites calm.

29. Heart Coherence

Bring to mind a moment of genuine appreciation for 10–20 seconds.

This synchronises heart and brain and stabilises your emotional state.



EMOTIONAL RELEASE & RECONNECTION TOOLS

WHEN YOU'RE FULL, STUCK, OR LOST

30. Gentle Face Massage

Massage your jaw, temples, and cheekbones with slow circular motions.

This activates the social engagement system and softens tension.

1. Natural Sigh Reset

Let out a deep, exaggerated sigh (or two), without forcing it.

This resets carbon dioxide levels and emotional load.

32. Shake + Breath Combo

Shake your body for 10–20 seconds, then use a double inhale + long exhale.

This clears emotional pressure quickly and helps your system reset.

33. Somatic Pulsing

Tap your chest or thighs rhythmically for 20–40 seconds.

This moves stuck energy and helps you feel grounded again.

Disclaimer:

This guide is for educational and informational purposes only and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always consult with your doctor, therapist, or qualified health provider with any questions you may have regarding a medical or psychological condition. By using this guide, you acknowledge that you are taking full responsibility for your physical, emotional, and mental wellbeing.

aRE YOU READY TO GO DEEPER?

Tools regulate you.
But they don't heal the reason you're chronically dysregulated.

Most ongoing survival patterns aren't created in adulthood — they're inherited.

Generational trauma can pass down:

- hypervigilance
- shutdown
- emotional intensity
- self-abandonment
- people-pleasing
- fear, shame, and over-responsibility
- etc, etc, etc!

...and yes, even nervous system patterns, carried epigenetically through multiple generations. Your childhood then re-activates those inherited patterns.

This is why you can be deeply self-aware, spiritual, “doing the work”... and still find yourself stuck in the same cycles.

It's not that you're failing; it's that your system is loyal to a survival pattern that began long before you.



THE SHIFT SESSION

A FREE deep dive to uncover the generational root beneath your patterns, experience healthy co-regulation & nervous system safety in real time. You'll leave feeling lighter & clearer on your healing pathway.

Book your free 90-min private session and we will:

- A 1:1 to identify one of the main epigenetic survival patterns you inherited
- trace how it reorganised your nervous system and emotional responses
- reconnect you back to your grounded, present self
- begin to rewire your system for safety, not just survival
- begin build capacity for the good — calm, love, support, success, joy — so it no longer feels like a threat to your body

You will leave feeling:

- lighter and clearer
- more at home in your body
- safer inside yourself
- able to see the pattern instead of being it
- with your own Healing Blueprint

Only if it is aligned we can talk about working together, this is a healing and service call, not a sales call.

Book
your free Call
here