

www.releaseology.com

Calm Your Body, Calm Your Mind

A Free Guide to
Managing Anxiety
Through the Vagus
Nerve & Nervous
System

www.releaseology.com



Contents

- 01 Introduction**
Understanding the Connection Between The Nervous System
- 02 The Vagus Nerve**
Your Built-In Calm Button
- 03 How It Affects Your Body**
The physical aspects of anxiety are often overlooked
- 04 Exercises to Do**
Simple Ways to Activate the Vagus Nerve
- 05 Nutrition & Lifestyle Support**
Nutrition, electrolytes, supplements, and more
- 06 Quick Weekly Reset Plan**
Exercises you can do on a daily basis
- 07 More Resources**
Providing more for your healing journey

Copyright Disclaimer

Releaseology, LLC
405 W Southern Ave Suite 111,
Tempe, AZ 85282
www.releaseology.com
© 2025 Releaseology

All rights reserved.

This ebook is protected under the copyright laws of the USA. All rights are reserved by the author, Sara Becker, and any unauthorized reproduction, distribution, or transmission of this work in any form, or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without the prior written permission of the author, is strictly prohibited. No part of this ebook may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the author, except for the inclusion of brief quotations in a review. For permissions, please contact Releaseology, LLC

Thank you for respecting the hard work for the author

Medical Disclaimer

Consult with a clinician in your care

Disclaimer: The content in this guide, my site and social media are for educational and informational purposes only and not meant as medical advice. It is not intended as medical advice or to replace a relationship with a qualified healthcare professional. There is absolutely no assurance that any statement contained or cited in my guides touching on medical matters is true, correct, precise, or up-to-date. Always consult a clinician that is familiar with your care, before making any changes to medications, supplements, and movement.

Affiliate Disclaimer

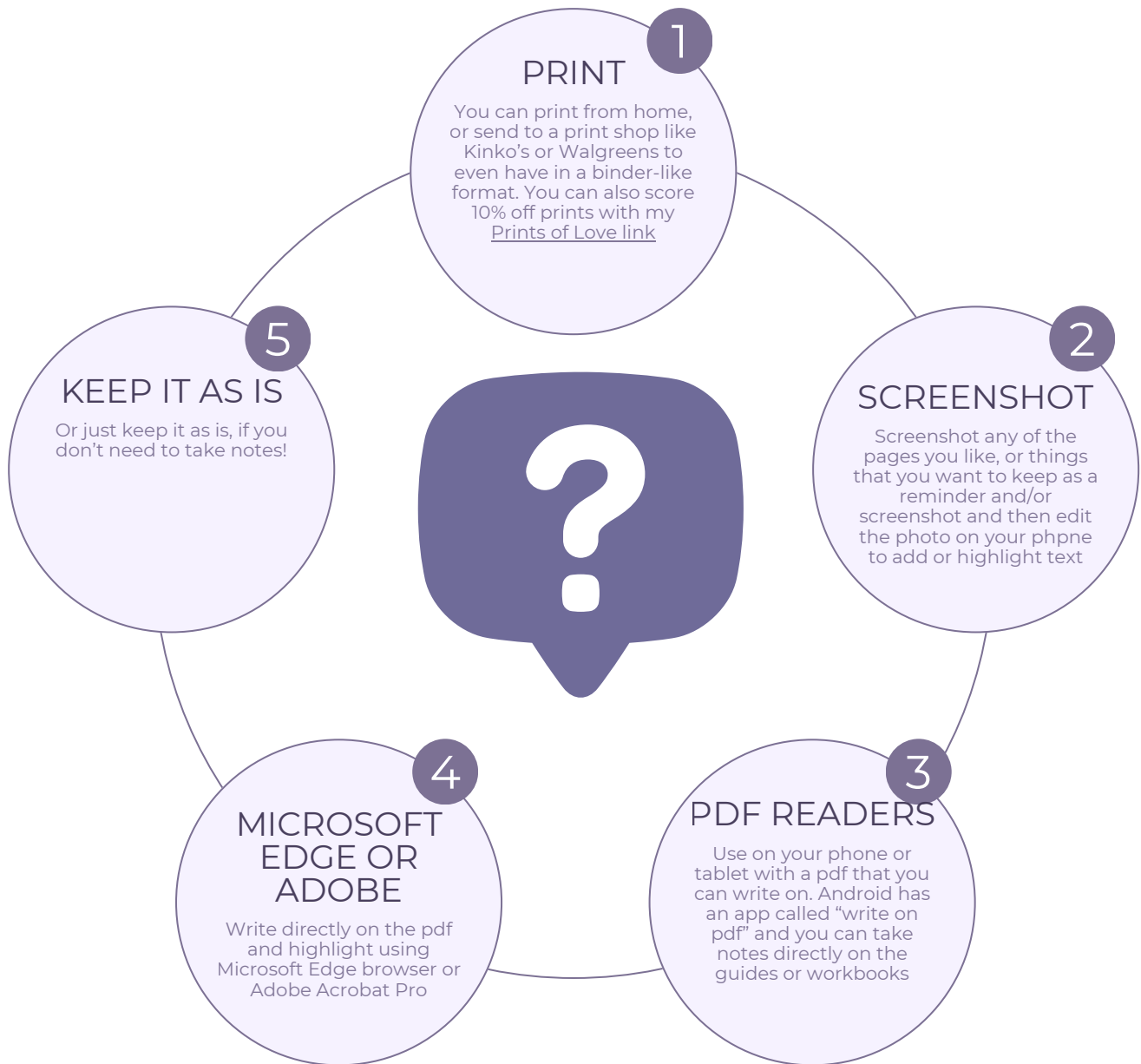
Some links in my guides and site are affiliate links

Please Note: Some links on my guides, website and more are affiliate links, which means that I collect a small portion of your sale, **at no extra cost to you**. This helps with the cost of hosting a website, affording software and more business expenses

Ways You Can Use This Guide:

Here are Some Suggested Uses

If you like to take personal notes or be an active reader, there are ways you can still use this pdf guide to do that.



01

www.releaseology.com

Introduction

Understanding the Connection Between
The Nervous System and Anxiety



Why Your Nervous System Holds the Key

Anxiety isn't ALL in your head.

It's your body's alarm system working overtime. Stress triggers your nervous system to release cortisol (the stress hormone), raise inflammation, and even spike blood sugar. This constant "fight-or-flight" mode leaves you feeling wired, tired, and anxious.

The Good News?

You can reset your body's alarm system by working with the vagus nerve—a powerful communication superhighway between your brain and body.

02

www.releaseology.com

The Vagus Nerve

Your Built-In Calm Button

The Vagus Nerve: Your Built-In Calm Button

The vagus nerve is the longest cranial nerve, running from your brainstem through your neck, chest, and abdomen. Its main job? To help your body switch from stress mode (sympathetic nervous system) into calm and repair mode (parasympathetic nervous system).



When your vagus nerve is activated, it:

Lowers Cortisol - reduces anxiety and protects against burnout.

Decreases inflammation - calms the body, helping both mood and physical health.

Balance blood sugar - steadies your energy and reduces “crash anxiety.”

03

www.releaseology.com

How Anxiety Affects Your Body

The Physical Aspects of Anxiety
are Often Overlooked

Anxiety (especially when chronic) Manifests Physically

You may experience:

- Racing thoughts & worry
- Rapid heartbeat or chest tightness
- Digestive upset or nausea
- Tension in the shoulders, jaw, or back
- Trouble sleeping
- Fatigue or blood sugar dips

**These
symptoms
happen
because your
nervous system
gets stuck in
high gear.**



04

www.releaseology.com

Exercises to Help Anxiety

Simple Ways to Activate the
Vagus Nerve

Here are science-backed techniques you can start today:



Deep, Slow Breathing:

Short, shallow breathing tells your brain that you are in fight or flight. Find a comfortable position and focus on your breath flowing in/out from your chest in a relaxing, wave-like motion. This should be relaxing, not strenuous.



Humming, Singing or “Ohm”

The vagus nerve runs through your throat. Vibrations through humming, singing and the word “ohm” stimulate it and send “safety” signals to your brain.



Gentle Movement

Yoga, stretching, rocking or walking regulate blood sugar, lower cortisol, and relax the nervous system.



Basic Exercise

Hands interlaced behind your head. Looking your eyes up and hold until you yawn, sigh or swallow (or up to 60 seconds). Then look down, left, right, and all the diagonals.

Want my ENTIRE vault of exercises with instructional videos on how to do each movement?! Purchase [my nervous system course here](#) for lifetime access to the vault! More info at the end of this guide

05

www.releaseology.com

Nutrition & Lifestyle Support

Nutrition, Electrolytes,
Supplements and More

Creating a Balanced Diet for Anxiety Management

Eating Regular, Balanced Meals:

Skipping meals or eating irregularly can lead to blood sugar fluctuations, which can exacerbate anxiety symptoms. Aim to eat regular, balanced meals that include a mix of protein, healthy fats, and complex carbohydrates. This helps keep your blood sugar stable and provides your brain with a steady supply of nutrients.

Hydration:

Dehydration can contribute to feelings of anxiety, so it's important to stay well-hydrated. Drinking plenty of water with **electrolytes** throughout the day supports overall brain function and helps keep anxiety at bay.

Electrolytes:

Our food supply is severely lacking in minerals and therefore we are way more mineral deficient than our parents. Adding electrolytes helps your body absorb the water and supports nervous system signaling. See my next page for my electrolyte recommendations! Or purchase my electrolyte guide [here](#)

Magnesium & Omega-3s:

Magnesium relaxes your body and omega-3s are the fats that stabilize your mood. Together, they create a strong foundation for nervous system regulation and anxiety relief. Plus, use [my fullscript link](#) for 20% off any supplements, electrolytes and more



Key Takeaway

Nutrition plays a vital role in managing anxiety. By understanding the connection between what you eat and how you feel, you can make informed choices that support your mental health. Focus on incorporating nutrient-dense foods that promote brain health, while limiting or avoiding those that can trigger or worsen anxiety symptoms. A balanced, mindful approach to eating can help create a stable foundation for managing anxiety and improving overall well-being.

Electrolytes to Support Anxiety



Saltt by Keto Chow

Saltt is an obsession in my house. Their [variety pack](#) has a GREAT variety with several flavors to choose from both fruity and chocolatey AND a non-flavored option which is the closest to no flavor and not overly salty as you can get! PLUS, I'm giving you 10% off with my [referral link](#) only applicable on their site. They are sweetened with stevia as well, so no affecting blood glucose. You can also purchase their products on [Amazon](#) too! My faves are [cocoa loco](#), [caramel vibes](#), [red white & bam \(bomb pop\)](#), and [clean slate](#) But as everyone's palates are different, I recommend starting with the [variety pack](#) for the best "bang" for your buck



Other Reputable Brands

Here are other reputable brands with some of the cleanest ingredients that I have used. Ingredients and new info keeps coming out on each brand, so I just grouped these together, so you can choose what will work for you. [LMNT](#), [Ultima](#), [Hi-Lyte](#), [Redmonds Real Salt](#) and [Trace Minerals](#). You can also find Redmonds and Trace Minerals brand on [Fullscript](#) and use my discount - sometimes it comes out cheaper than Amazon, but sometimes Amazon is cheaper



Electrolytes in the Grocery Stores

if you have a Sprouts near you, they have THE best and cleanest varieties to choose from, including the best taking coconut water. You can also do Gatorade or Powerade (for those that "hate" water) and if you're watching sugar, Powerade Zero would be your cleanest. Smart Water and coconut water are also options you can usually find at grocery stores

Signs of Electrolyte Imbalance

Is a FREE guide that I have available [here](#) OR purchase my [Electrolyte Guide](#) where I go through pros and cons of EACH electrolyte I've tried (there are many) and types of sweeteners used, best for what you need it for, etc

Foods to Avoid or Limit

Caffeine:

While caffeine can give you a temporary energy boost, it can also increase anxiety, especially if consumed in large amounts. Caffeine stimulates the nervous system and can lead to restlessness, jitteriness, and difficulty sleeping, all of which can exacerbate anxiety. If you're prone to anxiety, it's wise to limit your caffeine intake or switch to decaffeinated options.

Sugar and Refined Carbohydrates:

High sugar intake and refined carbohydrates, such as white bread and pastries, can cause blood sugar spikes and crashes, leading to mood swings and increased anxiety. These foods can also contribute to inflammation, which is linked to mood disorders. Opt for complex carbohydrates like whole grains, fruits, and vegetables, which provide a steady source of energy and support stable mood levels.

Alcohol:

While alcohol might seem to provide temporary relief from anxiety, it can actually worsen symptoms over time. Alcohol disrupts sleep, affects neurotransmitter balance, and can lead to dependency. Reducing or eliminating alcohol intake can help stabilize mood and reduce anxiety.



06

www.releaseology.com

Quick Weekly Reset Plan

Movements for Anxiety Relief

Weekly Reset Plan Example

Instead of cramming everything into one day, spread calming practices throughout the week. This makes them easier to remember and builds consistency without feeling overwhelming.

If ANY of these feel overwhelming, discontinue and repeat a different day

<p>Sunday Social Connection</p> <p>Schedule a coffee, phone call, or walk with a friend (outside of your normal every Sunday activity - church, sports). Meet with a friend after these events for coffee, lunch, a walk, etc</p>	<p>Monday Breathwork Focus</p> <p>Start your week with soft, relaxing, flowy breaths. Picture your breath flowing in/our of your chest area. This should be relaxing, not strenuous. You can do this in the morning, night or both!</p>
<p>Tuesday Gentle Movement</p> <p>Focus on slow, mindful movements to calm your nervous system. Lay on your belly and rock your hips back and forth. The more points of contact, the better, but if you need to do this in sitting or standing it can be just as effective</p>	<p>Wednesday Sing, Hum or Ohm</p> <p>Activate those vocal cords for 2-3 minutes. Sing, hum or make the ohm sound - in the shower or car is just fine!</p>
<p>Thursday Palming</p> <p>In any comfortable position that you can use both of your hands. Rest comfortably. Use the palm of your hands and gently rest them on your eyelids and breathe. This is such a great sensory overload exercise</p>	<p>Friday Basic Exercise</p> <p>This is probably THE best reset exercise you can do. It aligns your spine (misalignment will affect vagus nerve) and moving your eyes helps to stretch the vagus nerve (click on the video link above)</p>

Saturday

Journal or Reflect

Reflect on the past week and set intentions for calm in the week ahead.

More Movement Support

It is **IMPOSSIBLE** to know what will work for your system until you try it. It is not uncommon to have different reactions to the **SAME** exercise each day and therefore, a variety is always recommended.

I have my ENTIRE vault of exercises for purchase, available in 3 tiers to fit every budget/lifestyle.

Nervous System Foundations

- **1/3** of my exercise vault
- **20** movements & exercises
- Why is the vagus nerve so important (a brief **overview**)
- Signs and symptoms of vagus nerve dysfunction
- Ways to improve vagus nerve signal (an **overview**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$97 for lifetime access

Nervous System Integrations

- **2/3s** of my exercise vault
- **40** movements & exercises
- Why is the vagus nerve so important (a **deeper dive**)
- Signs and symptoms of vagus nerve dysfunction (**why some symptoms make sense**)
- Ways to improve vagus nerve signal (**more in depth**)
- Product discounts
- BONUS: position chart
- BONUS: symptom chart

\$197 for lifetime access

Pay as low as \$35/month with a payment plan

Nervous System Mastery

- My **FULL** exercise vault
- **60** movements & exercises
- Why is the vagus nerve so important (**the full view**)
- Signs and symptoms of vagus nerve dysfunction (why **each** symptom make sense)
- **All** ways to improve vagus nerve signal
- Product discounts
- BONUS: position chart
- BONUS: symptom chart
- BONUS: **recipes & meal plans**
- BONUS: **my virtual vagus nerve workshop**

\$347 for lifetime access

Pay as low as \$60/month with a payment plan

Nervous System Foundations

- personalized 1:1 guidance in your healing journey
- weekly 1-hour Zoom or phone calls (virtual sessions)
- daily check-ins (via text or e-mail)
- FREE access to the Nervous System Mastery Course
- FREE 3-months access to the NeuroFIT App
- choose your duration of commitment 1, 2 or 3 months

\$3000 per month

Pay as low as \$515/month with a payment plan

07

www.releaseology.com

More Resources

To Support Your Healing
Journey

Want More?

If you liked this guide, I have quite a few more resources!

For the most up-to-date guides, head to:

www.releaseology.com/anxiety-resources

Anxiety Management Workbook \$20.

Conquer your calm. This provides effective tools for managing everyday anxiety in a over 70-page workbook!

Navigating Change Workbook \$20.

Navigate life's transitions and manage anxiety and embrace new beginnings in this over 70-page workbook!

Mindfulness for Anxiety Workbook

\$20. Transform your anxiety and harness the power of mindfulness for lasting calm in over 70 page workbook!

Social Anxiety Workbook \$20.

Overcome social anxiety, build confidence and strengthen social connections in this over 70-page workbook

Calming the Mind \$15

A guide to understanding anxiety, achieve inner peace by calming your mind in this 40-page guide

Navigating Anxiety Together \$15

Guidance and support for those helping others with anxiety in this 40-page guide

Anxiety & Lifestyle Balance \$15

Guidance for balancing lifestyle to manage anxiety effectively in this 40-page guide

Anxiety Planners, Trackers & Worksheets \$20

Trackers, planners and worksheets to help guide your healing journey

Bundle & Save:

- **\$57 for all workbooks (above)**
- **\$97 for all of the above (plus 5 vagus nerve video focused on anxiety)**
- **\$347 for nervous system mastery course plus all of the above for FREE**

Book a virtual session or in-person session in Tempe, AZ to get one on one personal guidance.

HSA cards accepted



About the Author

Hi! I'm Sara Becker, DPT (doctorate of physical therapy), Certified Health Coach, Vagus Nerve Guru and Movement Specialist. I pride myself on the nontraditional approach to healthcare as **I believe the body and brain are capable of so much more healing than traditional medicine has given it credit for.**

My journey into the world of physical therapy began with a deep fascination for the brain and nervous system—the way these intricate networks quietly orchestrate everything we do without our conscious awareness. It was always second nature to me, this understanding of how our bodies move, heal, and adapt. The nervous system just made sense.

Throughout my career, I dedicated myself to neurorehabilitation. I spent countless hours helping patients recover from life-altering events like strokes, traumatic brain injuries (concussions), and spinal cord injuries. These experiences were as challenging as they were rewarding, and they fueled my determination to help people regain not just their movement, but their independence, confidence, and quality of life.



Over time, I began to see a critical connection: true healing wasn't just about addressing muscles and joints—it was about working with the nervous system itself. Pain, stress, and dysfunction often have deeper roots in how the brain and body communicate. I realized that by targeting pain at its neurological source, I could help people experience deeper, lasting relief.

This revelation led me to immerse myself in perfecting hands-on techniques like neurokinetic therapy (NKT), vagus nerve regulation, dry needling, and myofascial release. I crafted a practice centered on holistic, root-cause healing that not only reduces pain and dysfunction but helps my clients feel more at ease in their bodies.

Let's Release Your Body's Own Healing Potential



About Releaseology

At Releaseology, my mission is simple: to help you uncover the root cause of your pain, stress, or dysfunction—and give you the tools to finally release it. Unlike many traditional clinicians who focus only on the obvious symptoms, I take a deeper, more investigative approach. I look for the overlooked patterns, the hidden dysfunctions, and the subtle compensations that others might miss. This is where true, lasting change begins.

Why Releaseology Is Different

- **Root-Cause Focused:** I don't just treat where it hurts. I explore the nervous system, movement patterns, and compensations that are often ignored.
- **Hands-On Techniques:** From neurokinetic therapy and dry needling to cupping and fascial release, every session is tailored to you.
- **Rapid Results, Real Change:** My goal isn't to keep you coming back forever—it's to help you improve as quickly as possible while still making sustainable, long-term progress.

In-Person or Virtual Options

I offer in-person services in Tempe, Arizona, as well as highly curated virtual services. And here's something you should know about me: ***I don't do anything halfway.***



During COVID, insurance companies required that telehealth sessions be certified as “just as effective” as in-person care. At that time, I refused to offer virtual sessions because the tools I used then were most effective in person. I couldn't, in good conscience, promise the same results virtually. But today? That's different. The virtual services I now provide have been carefully designed and tested to be just as effective and valuable as my in-person care. When you book a virtual session, rest assured—it's because I know it will work.

Why This Matters? Whether you're here in Arizona or connecting with me virtually, you'll get the same level of detail, dedication, and results-driven care. I only offer what I know can help you feel and move better.

Ready to see the difference? Book with me [here](#)

Let's Release Your Body's Own Healing Potential



Calm Your Body, Calm Your Mind

Empower your journey to a calmer mind with practical strategies for managing anxiety. Discover the impact of nutrition, exercise, and sleep on your mental well-being, and learn how to create a balanced lifestyle that supports long-term peace and resilience. With expert advice and actionable tools, this guide is your companion in building a more balanced, healthier life. Start your journey toward lasting well-being today.