

A woman with her eyes closed and hands over her heart, surrounded by a group of people in a natural setting. The image is partially obscured by a teal circular overlay containing text.

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# Triggered?

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5 Tools to Find  
Calm When  
Social Media  
Feels Too Heavy

**Practical tools to shift from overwhelm to  
calm in a triggering world**



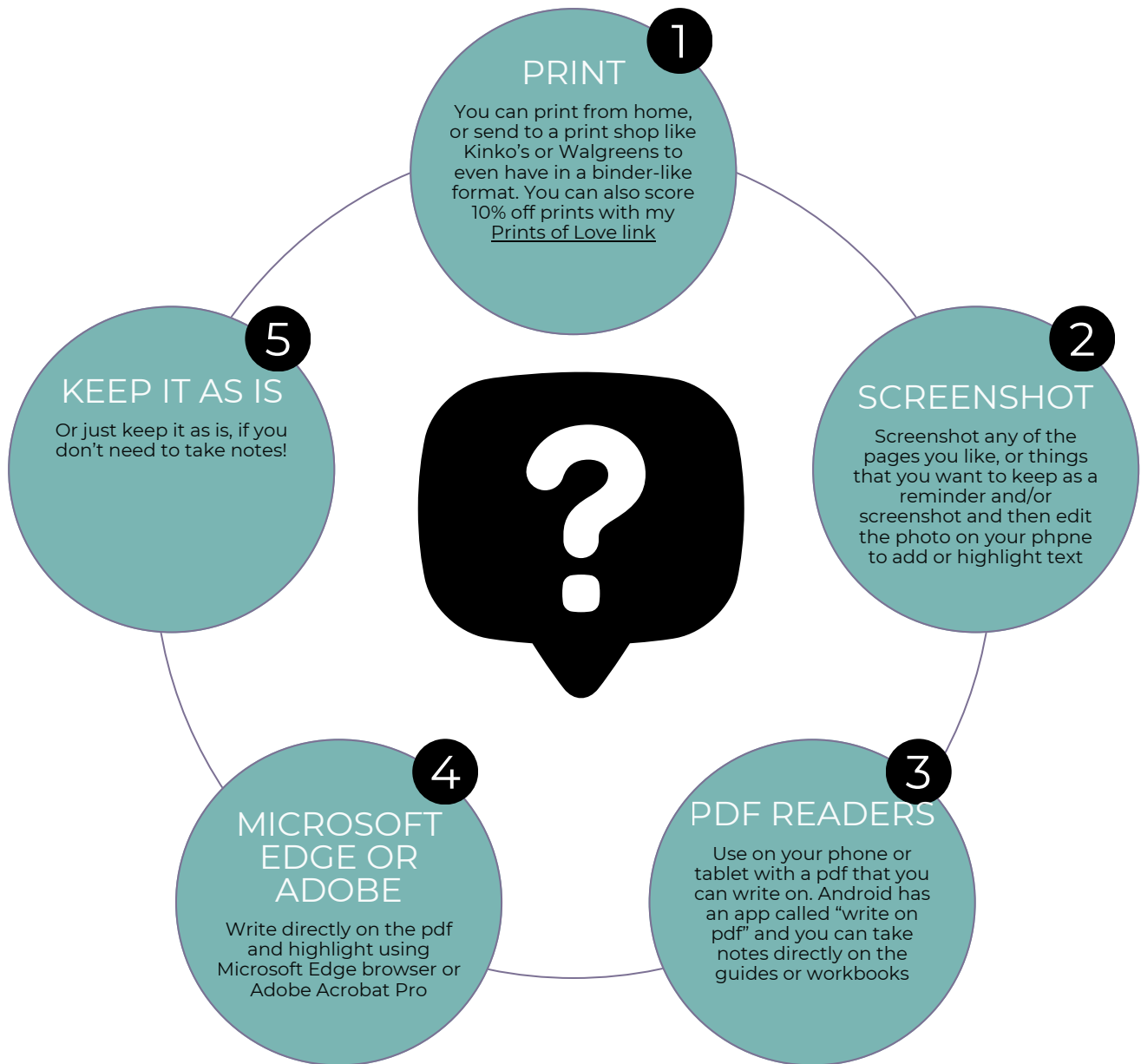
# Contents

- 01 Introduction**  
Triggers and the nervous system
- 02 Tools to Use**  
For when you're feeling triggered
- 03 Triggered to Resilient**  
How to make lasting change and be emotionally resilient
- 04 More Resources**  
Resources to support your healing journey
- 05 About the Author**  
What makes Releaseology different

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# 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.



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**Thank you for  
respecting the  
hard work for the  
author**

# Medical Disclaimer

## Consult with a clinician in your care

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# 01

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# Introduction

Triggers and the nervous system

# When the World Feels Heavy

The news has been heavy. Maybe you've scrolled through social media and felt your chest tighten. Maybe headlines or comments left you overwhelmed, angry, or even shut down. These are called **triggers**—moments when your nervous system senses danger, even if no physical threat is present.

**Here's the shift:** triggers don't have to run the show. While you can't erase them, you can help your body see them as less threatening. That means you can read something you disagree with and stay grounded, instead of feeling like your very identity is under attack.



When your nervous system learns to settle, you gain the space to pause, breathe, and respond—rather than react. This is what makes it possible to return to thoughtful conversations with people you disagree with, without feeling hijacked by emotion. And the way there isn't endless talking about your feelings—it's practicing simple, body-based tools that gently retrain your response.

**This guide will walk you through five of those tools so you can start feeling calmer and steadier, even in the middle of a triggering moment.**

# 02

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# Tools to Use

For when you're feeling triggered

# 5 Nervous System Tools When You're Triggered

Try this science-backed approaches I've used with all my clients to help you rest.

| Havening Touch   | Heart-Centered Breathing   | Shake it Out   |
|--|--|--|
| <p>Gentle stroking can <b>calm the amygdala</b> — the brain's "alarm system."</p> <p>☞ Slowly rub your arms from shoulders down to elbows, or softly stroke your cheeks. Do this for 1-2 minutes until you feel more settled.</p>  | <p>Heart-centered breathing helps you shift from <b>stress to flow</b>.</p> <p>☞ Focus your attention in the area of your heart. Imagine your breath is flowing in and out of your heart or chest area. Let your breath feel smooth, even, and flowing—like a gentle tide.</p> <p><a href="#">🔗 Video Here</a></p>   | <p>Animals shake after stress to <b>reset their systems</b>—we can too!</p> <p>☞ Stand up and gently shake your arms, legs, or your whole body for 30 seconds. Let the energy move through instead of staying stuck.</p> <p><a href="#">🔗 Video Here</a></p> |
| Basic Exercise   | Palming  |  |
| <p>This exercise helps reset the vagus nerve by gently releasing tension at the base of the skull.</p> <p>☞ Lie on your back with your knees bent and feet flat. Interlace your fingers and place your hands behind your head. Without moving your head, slowly look to the right and hold until you feel a yawn, swallow, or sigh. Then return to center, and repeat to the left.</p> <p><b>This simple movement helps your nervous system shift into a calmer, more regulated state.</b></p> <p><a href="#">🔗 Video Here</a></p> | <p>When the world feels too much—too loud, too bright, too overwhelming—palming helps soothe your nervous system.</p> <p>☞ Gently place the palms of your hands over your closed eyelids. Notice the darkness and gentle pressure. <b>This reduces sensory overload and gives your nervous system a break from incoming stimulation.</b></p> <p><a href="#">🔗 Video Here</a></p> |  |

# 03

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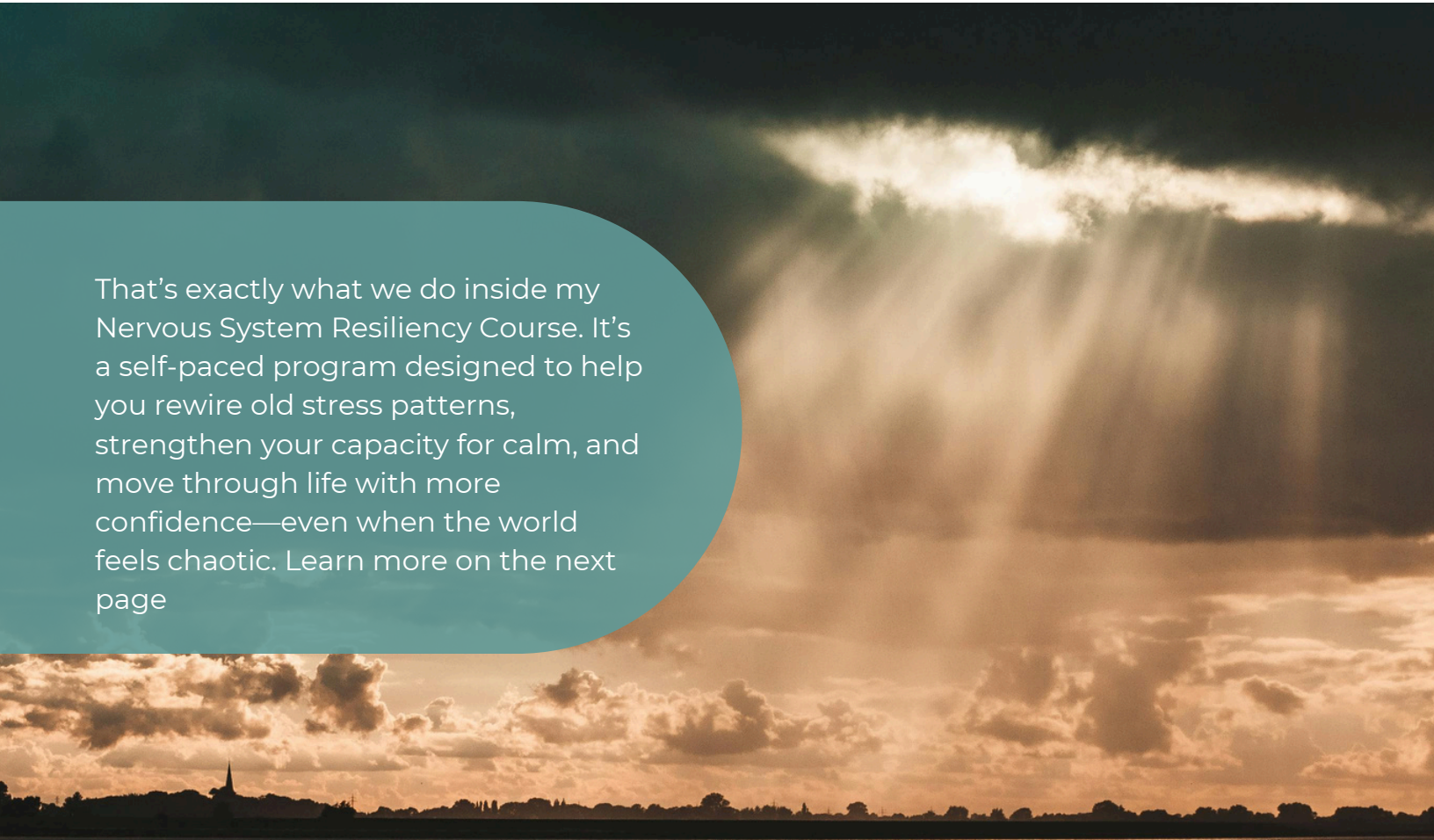
# Triggered to Resilient

How to make lasting change and be emotionally resilient

## From Triggered → Thoughtful & Resilient

The five practices you've just learned are like nervous system first aid. They help you settle your body so you can see triggers as less threatening and no longer feel like every disagreement is a personal attack. Over time, this gives you the freedom to pause, stay grounded, and engage in thoughtful conversations—even when you don't see eye-to-eye with someone.

This is what emotional resiliency really looks like: not avoiding conflict or shutting down, but meeting the moment with steadiness, clarity, and compassion. And while these quick tools are powerful, deeper resiliency is built through consistent practice and nervous system retraining.



That's exactly what we do inside my Nervous System Resiliency Course. It's a self-paced program designed to help you rewire old stress patterns, strengthen your capacity for calm, and move through life with more confidence—even when the world feels chaotic. Learn more on the next page

# Resiliency Support

My program deep dives further into the background of fight or flight and ways that you can build your emotional resiliency

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

# 04

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# More Resources

More resources to support your  
healing journey

# Safety Disclaimer

This guide is for educational purposes only and is not a substitute for medical, psychological, or crisis care. If you are experiencing overwhelming distress, thoughts of harming yourself, or suicidal thoughts, please know you don't have to go through it alone.

📞 In the U.S., you can dial **988** to connect with the Suicide & Crisis Lifeline and speak with someone right away.

🌐 If you're outside the U.S., please look up your local crisis hotline or emergency number for immediate support.

**You are not alone. Help is available.**

# Want More?

I am working on a more expanded version of this guide as a workbook where you can help identify your triggers and work through building your own resiliency along with a book for a comprehensive guide specifically for social media triggers. If you have received access to this guide through my site (not through a friend) you have already been signed up for that newsletter for when those things are available.

## Professional Help is Always Recommended

- **seek out counselors that can help you with your triggers**
- **booking a session with me (Releaseology) will help improve the physical aspects of your nervous system to allow for improved response to triggers.**

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

**HSA cards accepted**



**05**

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# About the Author

What makes Releaseology  
different

# 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



# Building Emotional Resiliency

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Remember, your nervous system is designed to protect you—not punish you. With practice, you can shift from feeling constantly triggered to moving through the world with calm and confidence. The more you practice, the less threatening those old triggers feel, and the more freedom you'll have to show up as your thoughtful, grounded self.

**You deserve that steadiness. And your conversations—and your world—will be better for it.**

~With Care,  
Sara  
Releaseology

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