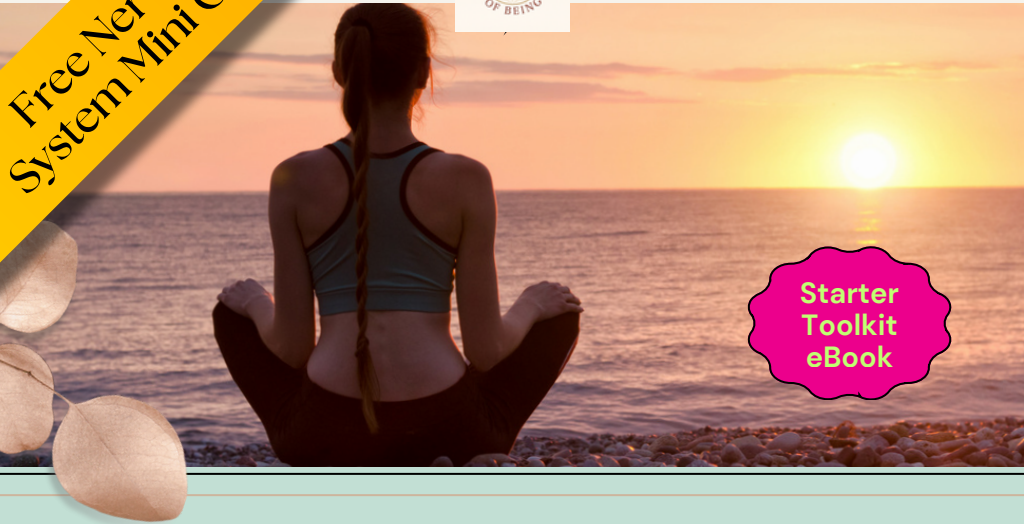


Free Nervous
System Mini Guide

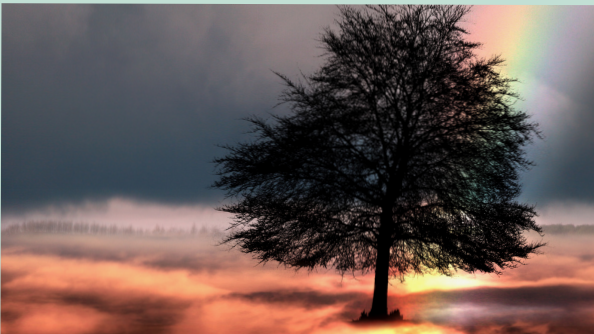


Starter
Toolkit
eBook

FROM CHAOS TO CALM: 8 SOMATIC PRACTICES TO DOWNSHIFT FROM OVERWHELM TO REGULATION TODAY

BONUS INCLUDED: MOOD CHECK-
IN, INSTANT CALM MAP, DAILY
WELLNESS PLANNER & JOURNAL

Science-backed & Rooted in Wisdom



THESE 8 PRACTICES ARE
YOUR ****STARTER TOOLKIT****:
SIMPLE WAYS TO RETURN TO
PRESENCE, CALM, AND
SAFETY IN DAILY LIFE.

BY SACRED STATE OF BEING



What You'll Get Inside This Starter Toolkit:

Practical tools to help you calm, ground, and regulate — backed by science and rooted in somatic wisdom.

 Item Name	Benefit/What it's for
My Mood Baseline Check-in	Use this before starting this mini guide and after to note any changes
From Chaos to Calm: 8 Somatic Practices to Downshift from Overwhelm to Regulation Today	Calm anxiety & regulate stress with easy body-based tools.
Instant Calm Map (Cheat Sheet)	For quick access and use when you get triggered, use anywhere, any time.
Daily Wellness Planner (Printable)	Structure your nervous system care with AM/PM rituals.
Reflection Journal Page (Printable)	Tune into your body's cues with guided self-inquiry.

Perfect For:

- Sensitive nervous systems
- Reducing stress & anxiety
- Busy minds that struggle to relax
- ADHD, high-achievers, perfectionists needing quick relief
- Those who "struggle with long form meditation" but want a quick tool to help stabilize and downregulate to a peaceful state



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Disclaimer: This guide is for educational and informational purposes and is not a substitute for medical advice. Always consult with your doctor or licensed healthcare provider before beginning any new wellness or somatic practices. Your safety and wellbeing come first.





Introduction: Why Somatic & Breath Practices Are the Foundations of Healing

There's a reason somatic work is now showing up inside therapy practices, coaching programs, trauma recovery, performance training, and mental health treatment. It's not a trend. It's because practitioners across every discipline kept running into the same wall.

People could understand their patterns. They could identify their triggers. They could talk about their childhood, reframe their thoughts, set intentions, and still find themselves reacting the same way, feeling stuck in the same cycles, unable to sustain the changes they were working so hard to make.

The missing piece wasn't insight. It was safety.

Until your nervous system learns to feel safe, nothing else works. Not therapy. Not mindset work. Not habits, routines, or the best coach in the world. Your brain will not allow lasting change while it is still running a threat response. That's not a personal failure. That's physiology.

Somatic and breath practices work at that level. They speak directly to the part of your nervous system that decides whether you're safe or not, regulated or not, open to change or locked in survival. Research from the NIH, Stanford, and Harvard confirms what somatic practitioners have known for decades. The body is where the patterns live, and the body is where the work happens.

These 8 practices are your entry point into that work.



Why These Practices Are Simpler Than You Expect

Most people assume that healing has to be hard. That if something takes less than ten minutes, it probably won't do much.

That's not how your nervous system works.

Your nervous system doesn't respond to intensity. It responds to repetition. Each time you pause, breathe, orient, or ground, you send a small signal that says: right now, I'm safe. Over time, those signals stack. Your body starts to recognize calm as a familiar state instead of an unfamiliar one. Your reactions shift. Your baseline changes.

That's not a quick fix. It's something better. It's a pattern your body learns to return to.

These 8 practices take most people under 6 minutes. Some take 60 seconds. They are simple because simplicity is what makes them repeatable, and repetition is what makes them work. They work best in a calm or peaceful environment, though most can be done anywhere.

You don't need to feel a dramatic shift the first time you try one. You just need to try it again tomorrow.



MY BASELINE MOOD CHECK-IN

Many of us were never taught to properly reflect and process our emotions in a healthy way. Use this to track your emotional state using the categories and reflection prompts

INSTRUCTIONS: Choose a mood category below (mark, highlight, or circle) any emotion you've felt today and use the prompts to explore what the emotion may be telling you.

Calm & Centered

Other Emotions: Peaceful, Content, Thoughtful, Serene, Relaxed, Loving, Grounded or Present

PROMPT: When I feel Calm or Grounded it often happens when...

Scared & Discouraged

Other Emotions: Shame, Embarrassed, Insecure, Unworthy, Discouraged, Inadequate, Rejected

PROMPT: This feeling of Shame or Fear often arises when...

Strong & Worthy

Other Emotions: Brave, Passionate, Purposeful, Confident, Valuable, Respected, or Powerful

PROMPT: When I feel Brave or Confident I notice...

Angry & Frustrated

Other emotions: Hostile, Critical, Tense, Jealous, Distanced, Overwhelmed, Irritated, Restless

PROMPT: What is this Stress or Anger trying to tell me...

Energized or Joyful

Other emotions: Excited, Hopeful, Happy, Creative, Loving, Inspired, Brave or Motivated

PROMPT: When I feel Excited or Joyful I notice...

Sad or Hopeless

Other emotions: Numb, Exhausted, Isolated, Stuck, Depressed, Lonely, Helpless, Anxious or Bored

PROMPT: When I feel Sad or Low I need...



Your Starter Toolkit: 8 Foundational Practices Begin Here

PRACTICE 1: ORIENTING (SOMATIC GROUNDING)

Category: Somatic / Foundational Safety

What it's for: When your body feels **overwhelmed** or **disoriented**, this practice brings you gently back to the present using your environment as an anchor. It helps shift you out of **freeze** or **fog**. You can do 2-3 rounds.

How to Practice:

- Pause and breathe slowly and gentle for a few breaths to settle.
- Look around — notice colors, shapes, light, and textures.
- Silently name 3–6 things you see.
- You can now find another 2-4 items you notice.
- Let your eyes rest on something neutral or pleasant.
- Anchor with the phrase: **"I am here. I am safe."**

Why it works: Visually scanning your surroundings sends safety signals to your brain, helping it move out of threat-detection and allowing your nervous system to settle.

What to Expect: A subtle shift in awareness, increased calm, and more connection to your body in the here and now.



PRACTICE 2: 5-SENSES GROUNDING

Category: Somatic / Sensory Awareness

What it's for: A full-body reset during moments of **anxiety**, **dissociation**, or **overstimulation**. This practice gently engages your senses to create safety and presence.

How to Practice:

- Always start with a few gentle breaths.
 - Name 5 things you can see in your mind.
 - Name 4 things you can feel (e.g. fabric, breeze).
 - Name 3 things you hear.
 - Name 2 things you smell.
 - Name 1 thing you taste or would like to taste.
- Stay present with these sensations. You can do another round as needed.

Why it works: It sends safety signals to your brain.

What to Expect: A clearer sense of orientation, groundedness, bringing you into the present, and reduced emotional flooding.





PRACTICE 3: BOX BREATH

Category: Breathwork / Calming

What it's for: Balances the nervous system, **reduces stress, and enhances focus.** Useful before a **stressful** task, or when you're emotionally **dysregulated**. It is always preferable to find a comfortable and peaceful environment, but this can be done anywhere, in real moments of anxiety or stress, before a meeting, standing up, or where ever you need to.

How to Practice:

- Inhale through your nose for 4 counts
- Hold for 4
- Exhale slowly for 4
- Hold for 4
- Repeat for 4–6 cycles

Why it works: Equal-count breathing engages your vagus nerve, which signals safety to the body and shifts you out of stress and into focused calm.

What to Expect: A calming rhythm that soothes the body and supports mental clarity.



PRACTICE 4: 4-7-8 BREATHING

Category: Breathwork / Deep Relaxation

What it's for: Slows the heart rate, signals **safety to the body**, and supports **deeper sleep**. Ideal before bed or after emotional intensity.

How to Practice:

- Inhale through the nose for 4
- Hold for 7
- Exhale gently through the mouth for 8
- Repeat 4–5 times or until you feel a sense of calm

Why it works: A long exhale stimulates the vagus nerve, lowering heart rate and signaling safety to the brain so the body can downshift into calm.

What to Expect: A deep sense of calm, lower tension in the body, and better readiness for rest.



PRACTICE 5: BUTTERFLY HUG

Category: Somatic / Self-Soothing

What it's for: Offers bilateral stimulation (used in EMDR) that calms the nervous system, especially when processing strong emotions. Also promotes a feeling of safety and containment.

How to Practice:

- Can be done in seated or standing position
- Cross your arms over your chest
- Place hands under clavicle
- Begin tapping gently — alternating left and right
- Repeat as needed for about 2-3 minutes or until you notice a sense of calm

Why it works: It rhythmic, side-to-side tapping stimulates both brain hemispheres and soothes the nervous system, easing distress and helping the body settle.

What to Expect: Emotional release, increased calm, and a deeper sense of self-holding and care.



PRACTICE 6: DIAPHRAGMATIC BELLY BREATHING

Category: Breathwork / Nervous System Reset

What it's for: Helps deactivate the fight-or-flight response, bringing the body into a state of rest and repair.

How to Practice:

- Sit or lie down comfortably
- Place one hand on your chest, the other on your belly
- Inhale so that only your belly rises
- Exhale slowly, letting the belly fall
- Repeat for 5–10 breaths

Why it works: It activates the parasympathetic nervous system, lowering cortisol and shifting your body into rest and recovery.

What to Expect: A sense of internal spaciousness, reduced anxiety, and better connection to your body's rhythm.





PRACTICE 7: HAND-TO-HEART ANCHORING

Category: Somatic / Emotional Safety

What it's for: Offers instant emotional grounding and self-regulation. Great for moments of grief, overwhelm, or inner chaos.

How to Practice:

- Take a few slow gentle breaths to settle first
- Gently place one or both hands over your heart
- Take 3-5 slow breaths
- Whisper to yourself: "I am safe. I am here." or whatever your body needs to hear. Repeat until your mind feels calm and body feels grounded.

Why it works: Gentle touch over the heart activates the vagus nerve and triggers oxytocin release, lowering stress and signaling safety to the body.

What to Expect: A comforting, regulating sensation and reconnection with your emotional center.



PRACTICE 8: WALKING MEDITATION

Category: Movement / Embodied Awareness

What it's for: Combines breath, movement, and mindfulness. Helps when you feel restless, disconnected, or need to gently move emotion through the body.

How to Practice:

- Walk slowly, barefoot if possible
- Pay attention to the sensation of each step
- Let your breath move with your body
- Stay aware of your surroundings with soft eyes
- Do this for 5-10 minutes

Why it works: Mindful walking discharges stress through movement while anchoring attention in the body, helping regulate the nervous system and quiet a busy mind.

What to Expect: Increased body awareness, calm energy, and a feeling of being rooted in your environment.



What's Next on Your Journey

What Becomes Possible When You Go Deeper.

You now have 8 practices that work directly with your nervous system. If you've used even one of them and felt something shift, even slightly, that's not a coincidence. That's your body responding to the right input, possibly for the first time in a long time.

And if you felt little to nothing, that's okay too. When the nervous system has been running in survival mode for a long time, the internal noise can be loud enough to drown out subtle shifts. That doesn't mean nothing happened. It means your system needs more support, more repetition, and more guided practice to begin to feel safe enough to respond. That's not a sign that this doesn't work for you. It's a sign that you need more of it.

But foundational tools are the beginning, not the destination. Inside the Sacred Self Vault, the work goes deeper. Guided audio practices that walk you through regulation in real time. Workbooks built around trauma integration, inner dialogue, and somatic healing. Advanced tools for the patterns that don't budge with surface-level work. A structured pathway designed to take you from managing your stress to actually changing your baseline.

Your nervous system is capable of more than just coping. The Vault is where that becomes possible.



Final Thoughts

You Started Something Real Today

Most people spend years trying to think their way out of patterns that live in the body. If you're here, you already understand something that puts you ahead of where most people ever get.

The practices in this guide work because they go to the source. Not your thoughts about the stress. The stress itself, is stored in your nervous system, waiting to be completed and released.

You don't need to do this perfectly. You need to do it repeatedly. That's where the change happens.

When you're ready to go further, the Sacred Self Vault was built for exactly that moment.

Lights out, love.
Aimee



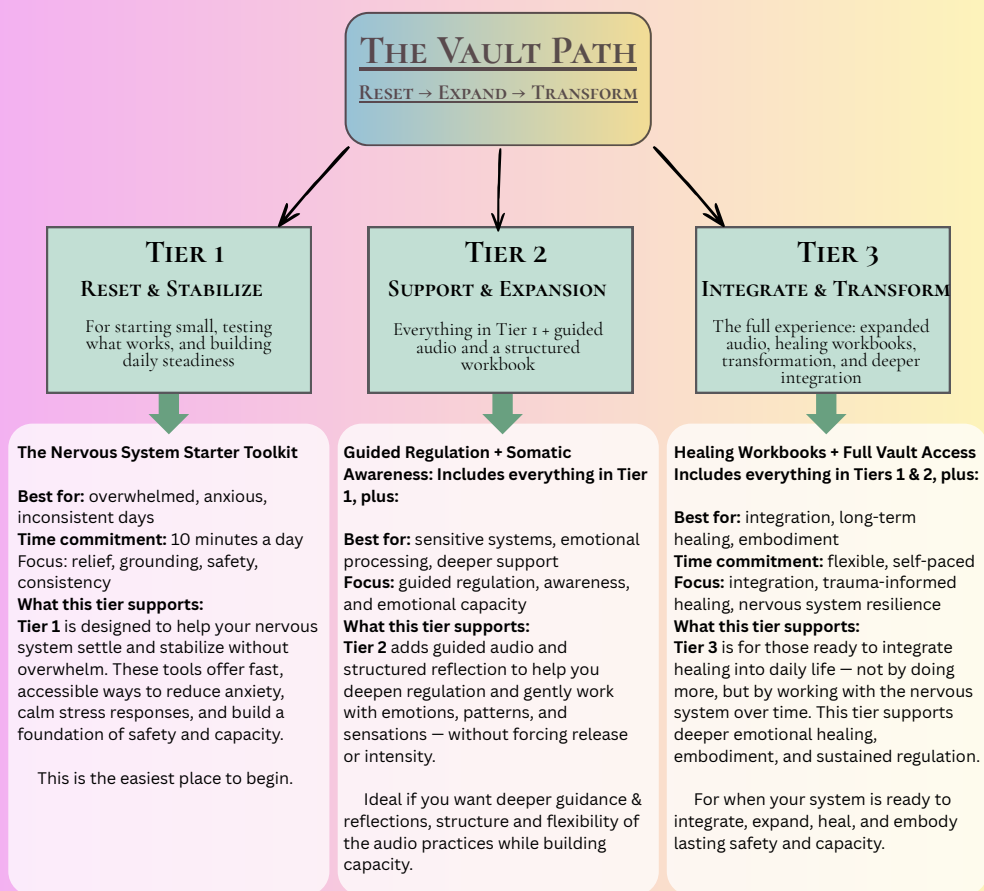
@SacredStateOfBeing



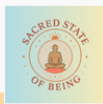
START WITH WHAT ACTUALLY HELPS

A clear path to nervous system regulation — without pressure, upsells, or overwhelm

- In the Sacred Self Vault is where these practices expand into a full, guided system.
- You'll find structured support, audio guidance, and deeper tools designed to grow with your nervous system, without pressure or overwhelm.
- Explore the Vault and choose the level of support that feels right for you.



*You don't need to decide how far you'll go today.
Start small, build trust with your body, and add support when it feels useful.
Each tier is designed to grow with you, not rush you.*



INSTANT CALM MAP CHEAT SHEET

Identify what you're feeling → Do 1-2 practices → Regulate within 60-120 seconds.

If you feel ANXIOUS / OVERWHELMED (Flight State)

What's happening: fast breath, racing thoughts, tension, urgency

Try:

- **5-4-3-2-1 orienting:** Notice 5 things you see, 4 you feel/touch, 3 you hear, 2 you smell, 1 you taste.
- **Butterfly Hug:** Cross arms over your chest with hands under clavicle. Tap gently side to side across your chest one side at a time. Repeat 8-10 rounds.

If you feel ANGRY / IRRITATED (Fight State)

What's happening: heat, high energy, pressure in chest/jaw.

Try:

- **Shaking / trembling release:** Shake body gently, arms legs, torso, let movement be natural. Or swing arms or hop in place for 1-2 mins.
- **Press palms:** Press together firmly for 5 sec → release & repeat 8 times

If you feel SAD / HEAVY (Grief State)

What's happening: collapse, tearfulness, chest heaviness

Try:

- **Gentle rocking/or self-hold:** Take slow deep breaths, cross arms over chest and hold upper arms as if hugging self while rocking back & forth slightly for 2 minutes.
- **Somatic Sigh:** Take long inhale & long exhale with a sigh of release and repeat 6-8 rounds.



If you feel NUMB / SHUT DOWN (Freeze State)

What's happening: low energy, disconnection, blankness.

Try:

- **Temperature change:** Do a cold water face plunge (you can add ice in a bowl.)
- **Gentle movement:** stand and stretch, then sway your body.
- **Hum :** softly to activate vagal tone. Try to continue for 1-2 minutes.

If you feel UNSAFE (Dorsal + Fight/Flight blend)

What's happening: hypervigilance, scanning, tight belly/chest.

Try:

- **Orient to the room:** name 5 things that signal safety
- **Hand-to-heart** + slow exhale
- **Soothing touch** on face like cupping your cheeks or hold your arms.
- **Repeat:** "Right now, in this moment, I am safe enough" and take deep slow breaths.

If you feel CONFUSED / DISCONNECTED (Freeze State)

What's happening: unclear thoughts, unmotivated.

Try:

- **"Name the moment":** What's happening right now?
- **Ground feet:** Press into floor and take slow deep breaths.
- **Slow breaths & long exhale:** Repeat 8-10 times.
- **Touch:** Use something with texture (fabric, object)



SACRED STATE OF BEING

DAILY WELLNESS PLANNER



DAY: _____

Morning Ritual

Mini Meditation (2–5 min)

Take 3 breaths. Place hand on heart + belly. Notice one thing you're grateful for.

Evening Ritual

Brox Breath & Legs on the Wall for Sleep:

Day 1: Inhale for 4, hold 4, exhale 4, hold 4

Day 2: Lay on back and rest legs against wall

Gratitude: List 1-3 things



Affirmation of the Day

"I am grounded, safe, and supported."

Add your own:

Encouraging Word :

"Rest is healing. My body deserves peace."

Journal Reflection :

"What am I releasing tonight?"



"One thing I'm grateful for from today"



PRIORITY

Sunlight Reminder: "Did I spend a few minutes outside today?" ☐ Yes ☐ No

Hydration Check: ☐ ☐ ☐ ☐
(water cups/trackers)

BODY PRACTICE: CHOOSE YOUR MOVEMENT

- ☐ Stretching
- ☐ Yoga
- ☐ Walking outside
- ☐ Gardening
- ☐ Dance / Free Movement
- ☐ Play with/Walk my pet
- ☐ Other:

SACRED SELF PRACTICES TO TRY IN TIER 1:

Orienting (Somatic Grounding)

5 Senses Grounding

Butterfly Hug

Hand-to-Heart Anchoring

→ Explore audio practices inside the Vault in Tiers 2-3

YOU DID GREAT TODAY

"You don't have to push, only be present to what is here."

→ Explore more grounding tools inside the Sacred Self Vault.



Journal

[illegible]

Just by checking in with your body, by pausing to breathe or stretch, you've honored your sacred self. Tomorrow is a new chance to begin again.

Want more somatic practices to gently guide you?
→ Visit the Sacred Self Vault for more tools and resources.

@SacredStateOfBeing