

LAURA GUY

Breathe

A guide to coming back to yourself

From survival mode back to yourself

breathe

BEFORE WE START

Hey angel

Before we go any further, I need you to hear something.

You are not broken.

You are not too much. You are not too sensitive. You are not a problem that needs fixing.

You are a woman whose body learned, somewhere along the way, that the world was not safe enough to relax in. So it did the only thing it knew how to do. It kept you on guard. It kept you ready. It kept you alive.

Every tight chest. Every racing 2am thought. Every time you cancelled everything and just needed to hide for a bit.

That was never weakness. That was your body protecting you.

And here you are. Still standing. Still showing up. Still here.

This guide will not fix you, because you were never broken in the first place. What it will do is help you get curious. Help you start listening to what your body has been trying to tell you all along.

Because the moment you stop fighting your body and start working with it, everything begins to soften.

Take this slowly. There is no rush here. Your nervous system does not respond to pressure. It responds to safety. So that is what we are going to build. Together.

Laura x

FIRST THINGS FIRST

What is actually going on?



Your anxiety is NOT the problem.

It is not a flaw. It is not a glitch. It is your body doing exactly what it was built to do.

When your nervous system senses danger, real or imagined, it flips into survival mode. And here is the thing. Your body cannot tell the difference between a lion and a passive aggressive email. It just feels unsafe and it reacts.

You probably know it as...

- * A tight chest when everything gets too loud
- * A mind that will not switch off at night
- * The urge to cancel it all and disappear
- * Snapping at the people you love for no real reason
- * Scrolling for hours even though it makes you feel worse
- * Brain fog so thick you cannot make the simplest decision
- * That heavy flat feeling where you just go offline

None of that is weakness. Every bit of it is biology.

And once you understand that, you can stop fighting yourself and start working with what is actually happening.

THE THREE STATES

The three places your body lives

Your nervous system moves between three states. When you learn to spot which one you are in, everything changes.

You are not meant to stay calm every minute of every day. That is not real life and it never will be.

The work is simply noticing when you have drifted, and knowing how to find your way back.

SAFE AND SOCIAL

Your calm, regulated state. You feel present, connected and clear. You can think, decide and actually enjoy your life. This is where healing happens. This is home.

FIGHT OR FLIGHT

Your body has clocked a threat. You feel wired, anxious, restless, irritable. Everything feels urgent. Your thoughts race and you just cannot settle.

FREEZE OR SHUTDOWN

The threat felt too big to handle, so your body pulled the plug to protect you. You feel numb, flat, exhausted, far away. Like you are watching your own life through glass.

"You do not need to get rid of these states. You just need to stop being scared of them."

A LITTLE EXTRA

Your human design and your stress

I want to touch on human design here, because it changed everything for me.

It is not a personality test. It is a blueprint for how you are wired to move through the world. And once you understand yours, so much starts to make sense. Why you respond to stress the way you do. Why certain things drain you. What your body actually needs to feel safe.

A quick look at each type

MANIFESTORS

You are here to start things. When you are dysregulated you can turn controlling, angry or shut down completely. You need space and freedom. Being told what to do will keep you stuck in fight mode.

GENERATORS & MANIFESTING GENERATORS

You are built to respond to life, not force it. When you are dysregulated you feel frustrated and stuck. You need movement and things that genuinely light you up to come back online.

PROJECTORS

You are here to guide, not grind. When you are dysregulated you feel bitter and bone tired. You need rest without guilt. You were never built for constant output and your body will keep reminding you.

REFLECTORS

You soak up the energy of everyone around you. When you are dysregulated you often cannot tell which feelings are even yours. You need solitude, nature and time.

If you do not know your type yet, go and find out. You can get your free chart at jovianarchive.com. It will change how you see yourself.

THE MAIN PRACTICE

The body scan

This is the one I come back to again and again. I use it myself. I teach it every Monday inside Breathe. I am giving it to you because it works.

Stop asking how do I make this stop.

Start asking what is my body trying to tell me.

That one shift changes everything.

Get comfortable. Sitting, lying down, standing, whatever feels right. Close your eyes if that feels safe. If not, just soften your gaze downward.

1. Three slow breaths

Nothing forced. Just slower than the ones before. In through your nose for four. Hold for two. Out through your mouth for six. Three times. This alone tells your body it is safe.

2. Start at the top of your head

Bring your attention there, soft and slow. Notice any tightness. You do not have to change a thing. Just notice. Get curious. What is being held here?

3. Move down slowly

Your forehead. Between your brows. Your jaw, where we hold so much. Let it soften if it wants to. Your throat. Shoulders. Chest. Belly. Notice it all. Judge none of it.

4. Pause where it is tight

Found somewhere heavy or clenched? Stay there a breath longer. Breathe into it. You are not forcing it open. You are just making a little more room.

5. Ask your body what it needs

This is where it all shifts. Instead of telling your body to calm down, ask it what it needs. Food? Movement? A cry? Rest? Your body is always talking. This is you finally listening.

6. Hand on your heart

One more slow breath. Thank your body for keeping you safe, even when it does it in ways that hurt. Your nervous system was never your enemy. It is your protector.

WHEN YOU NEED IT NOW

Quick tools for real life



Sometimes you do not have five minutes. You are mid school run. You are at the checkout. Something tips you over and you need to come back fast.

These work. I promise you.

5-4-3-2-1

5 things you can see. 4 you can touch. 3 you can hear. 2 you can smell. 1 you can taste. Pulls you out of your head and back into your body in under two minutes.

THE PHYSIOLOGICAL SIGH

Two breaths in through your nose, a big one then a little sniff on top, then a long slow breath out through your mouth. Fastest way to calm your system down. One works. Three is magic.

COLD WATER ON YOUR WRISTS

Run cold water over the inside of your wrists for thirty seconds. The vagus nerve sits right there and the cold tells your body to settle almost instantly.

SHAKE IT OUT

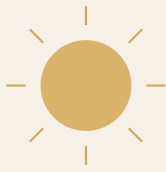
Animals shake after a fright to shed the stress. We stopped because it looks odd. Start again. Shake your hands, your arms, your whole body. Let it move through you instead of staying stuck.

NAME IT

Just naming what you feel takes the sting out of it. I notice I am anxious. I notice my chest is tight. I notice I want to run. That small bit of distance is enough to find your way back.

MAKING IT STICK

Your daily rhythm



Regulation is not something you do once, in a crisis.

It is something you weave through your day so the crises get fewer and further between.

It does not need hours. It does not need a perfect routine. It just needs to be little and often.

MORNING - 2 MINUTES

Before the phone. Before the day starts. Before anyone needs a thing from you. Hand on heart. Three slow breaths. Ask your body how it is waking up. That is it. It changes the whole shape of your morning.

MIDDAY - 1 MINUTE

Set an alarm if you have to. Stop wherever you are. One big sigh out. One quick check in. What does my body need right now? Then give it that one thing.

EVENING - 5 MINUTES

Before sleep, scan gently from head to toe. Let the day go. Thank your body for carrying you through it. Do this for a week and watch your sleep change.

ANY TIME - ALWAYS

The second you feel yourself tipping into overwhelm or shutdown, pause. Name it. Breathe. Come back. As many times as it takes. No limit. No shame. Ever.

FINALLY

Read this on the hard days

You were never faulty.

You were never broken.

You were always just doing your best to survive.

And look. You did. You are still here. You picked up this guide. You are choosing curiosity over fighting yourself. That is not a small thing. That is everything.

The moment you stop fighting your body and start listening to it, it can finally let go.

That is what healing actually is. Not a life with no hard feelings. Just enough safety inside you to feel them and come through the other side.

"Your now will never be your forever. It is never too late to heal, to put yourself first, to find a bit of peace in a messy world."

Laura x

WANT TO GO DEEPER?

This is just the start.

Inside Breathe, my membership for women, we do this work together every single Monday at 8pm. Body scans, human design, real tools and a group of women who genuinely get it. No performing. No pretending. Just you, held and finally somewhere safe to land.

www.lauraguy.co.uk/breathe

30 pounds a month * no contract * cancel any time