


How To Calm Your Nervous System

THE EXACT 5 STEPS I USED TO BREAK THE HEALTH ANXIETY CYCLE



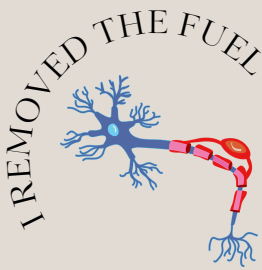
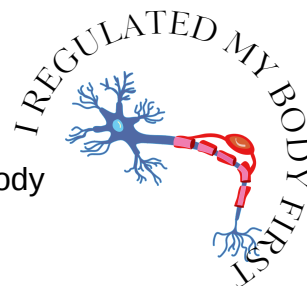
Instead of saying:

“What if this is serious?”

I said: “This is my nervous system activating.”
Naming it reduced the threat immediately.

Before thinking, before asking for reassurance I:

Inhaled for 4, exhaled for 6, dropped my shoulders, unclenched my jaw, put my feet flat on the floor - this taught my body that I was safe in the moment.



I stopped feeding the alarm with:


- Googling symptoms • Body checking • Reassurance seeking
- Constant monitoring

Those behaviours were telling my brain: “Yes, this is dangerous.”
When I removed them, the volume slowly turned down.

When my mind raced ahead, I grounded myself in the moment - whatever I could do to be present in the now - feeling the warmth of the coffee cup in my hands - looking at the cloud formation.



I learnt that fear lives in the future, but safety lives in the present.



I didn't wait to feel better. I made the tea, I stayed in the room, I went for the walk, I continued the conversation.

Movement taught my brain I was safe.. I learnt that avoidance kept me stuck.

IF THIS RESONATES, MY 21 DAY RESET TAKES YOU DEEPER INTO REBUILDING BODY TRUST AND CALMING THE FEAR–FOCUS–SYMPTOM LOOP.

CLICK THE LINK BELOW FOR THE RESET AND MORE

www.healthanxietycoach.co.uk

