

STRESS MANAGEMENT / NERVOUS SYSTEM REGULATION



BREATHWORK

Daily breathwork and meditation can make a meaningful difference to nervous system regulation and gut healing.

I currently prefer and enjoy doing breathwork sessions from Breathe with Sandy on Youtube.

I suggest any of the videos on his Nervous System Regulation playlist for helping the gut to calm down and optimise healing.

If you get ads, download the video.

Here are a few examples to do daily:

5 Minute Nervous System Reset | Guided Breathwork - under 10min

5 Minute Vagus Nerve Reset | Stop Anxiety Fast - under 10min

Instant Relaxation: 5-Minute Guided Breathwork for Nervous System Regulation - under 10min

(432Hz) 5 Minute Heart Coherence Breathing | 6 Hours of Benefits - 10min

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GUIDED MEDITATIONS

If meditation brings up distress, anxiety, or discomfort, stop and choose gentle breathwork (previous page) only, or consult a qualified professional.

Here are some I like:

Daily Calm's 10-minute meditations, on YouTube.

Both of the following two go **really well** with the Heart-brain coherence breathing:

- Sending love to someone else - GOLOV-20 Meditation (Official Video), (15:43)
- Love to yourself: Self Love Meditation Joe Dispenza | Love Yourself | Joe Dispenza | Daily Meditation (20:04)

I highly recommend trying some of these meditations, especially in the evenings as it will help you calm down and sleep well.

More guided meditations that I like:

Guided Healing Meditation - Kelly Howell (30min)

Retrieve Your Destiny - Kelly Howell (29min)

Guided Meditation for Inner Peace - Kelly Howell (30min)