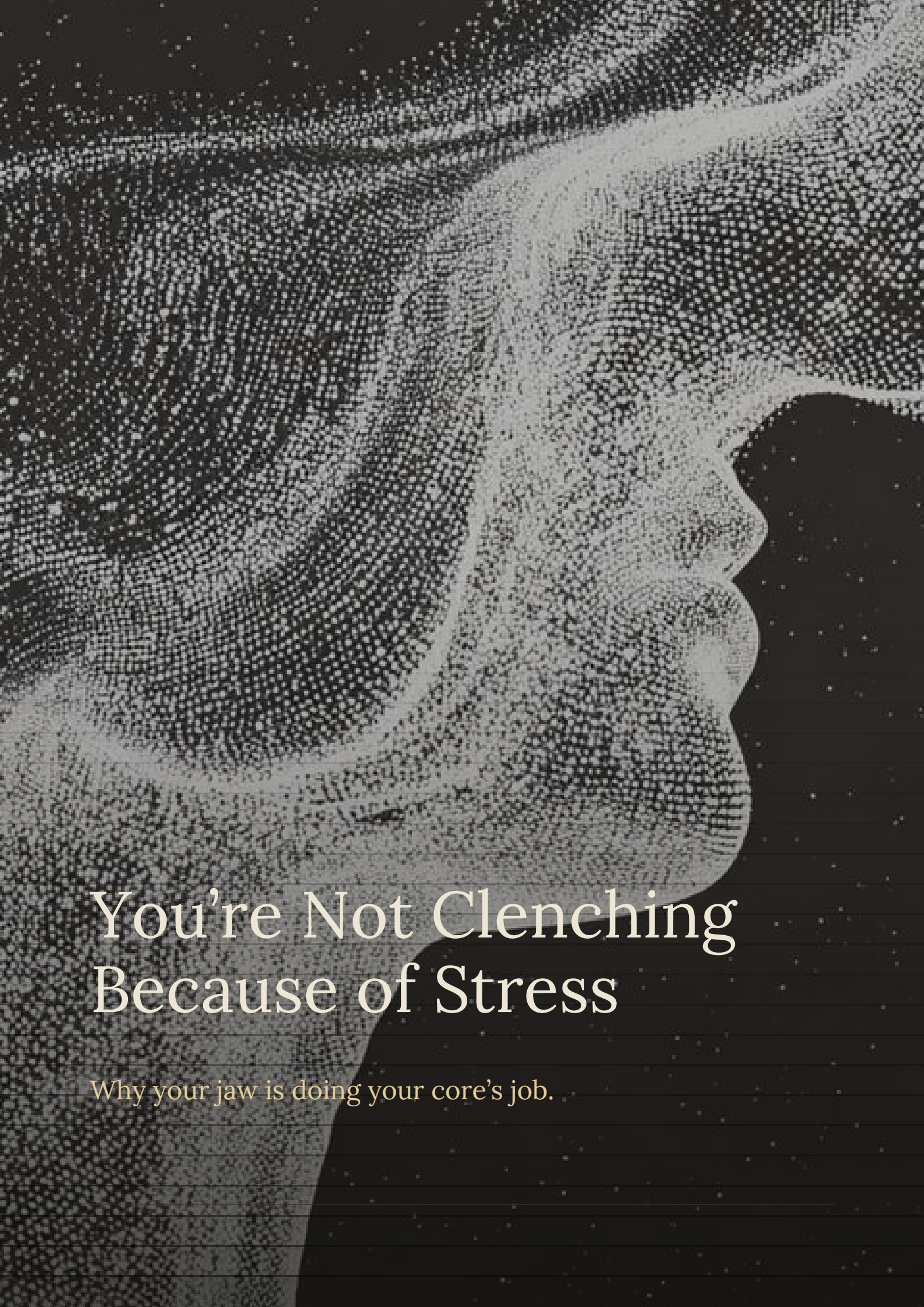




You're Not Clenching Because of Stress

Why your jaw is doing your core's job.

Hi, I'm Amanda

Over the last decade, I've worked with thousands of women around the world as a trauma-trained nervous system coach and Myofascial Energetic Release (MER) bodyworker.

I work with women and mothers who feel the limitations of protective patterns developed early in life — learning to keep the peace, stay in control, take care of everyone else, or make themselves smaller to feel safe and accepted.

These patterns don't just shape how you think. They shape your body. The need to hold everything together can become a clenched jaw or tight chest. Always being on alert can change the way you breathe. Years of carrying more than your share can show up in your pelvis, shoulders or lower back.

Through my five-phase framework, we work with both the emotional pattern and the body armoring that holds it in place, creating more nervous system capacity for choice, agency and stability in how you move through your life.

And this becomes especially interesting when you understand the connection between your jaw and your core. Read on to see why your jaw may be doing work your core was designed to help with.



The Core: The Part of Your Body Meant to Hold the Intensity of Your Life

The deep core helps your body manage pressure, load and activation. When it's under-responsive — which is the case for many mothers — what's actually holding you together won't be core stability. It's backup stability in the form of tension and effort: jaw clenched, shoulders up, breath shallow, running on vigilance rather than resting on stability.

An offline core often goes alongside shallow breathing and reduced diaphragmatic movement, which can keep your nervous system in a more protective state. You might feel emotionally reactive, easily overwhelmed, unable to settle, or like everything feels 'too much' by the end of the day.



THE CORE: WHERE EVERYTHING GATHERS, AND EVERYTHING RADIATES FROM.

When your center isn't providing enough internal support, your body frequently compensates upward into the chest, throat, shoulders and jaw. Emotionally, this can feel like living from tension and survival rather than steadiness, confidence, clarity and self-trust.

Containment

Containment is the ability to hold what you're feeling without it spilling out sideways, as snapping, shutting down, or clenching your way through it.

When your core can do that job, emotion moves through you instead of getting stuck as pressure. When it can't, you end up suppressing frustration, needs, anger, grief, overstimulation, but holding everything in your jaw instead of your center.

The jaw is incredibly good at helping you hold on. The trouble is, it was never meant to do so much of the holding.

When I began restoring support through my feet, pelvis, breath and deep core, my jaw no longer had to work so hard. The pressure in my ears eased, my body felt more stable, and I wasn't reacting to life in quite the same way.

I wasn't more stable because I'd learned to think differently.

Why My Mouth Guard Never Worked

Your jaw is doing your core's job.

I had chronic jaw, ear and core issues for over a decade. Fascia and energetic work brought my core back online, and with it my legs got their power back, the pressure in my ears released, and my jaw finally stopped having to hold what my core is meant to.



THE JAW IS GOOD AT HOLDING ON — THAT WAS NEVER ITS JOB.

We are stable when we're in our core.

When your body can hold you from the stability of its core, your jaw doesn't have to.

Feel It For Yourself

You don't have to take my word for any of this. Give your body sixty seconds and it'll tell you itself.

1 RELEASE THE DIAPHRAGM

Place your fingertips just under your ribs, where they meet your belly. Breathe in and let your ribs push into your fingers. On the exhale, press gently into the tissue and guide it down, like you're helping it let go.

Do this for one minute or longer.

Notice what happens to your jaw.



YOU CAN DO THIS:



HOW TO:

- Inhale through your nose.
- Let your ribs expand into your fingers (in all directions).
- Exhale through your mouth.
- Press gently into the tissue and guide it down and inward.
- Do this for one minute or longer.



This releases tension in the diaphragm and can help your jaw soften.
Breathe. Press. Guide. Let go.

2 SWITCH THE CORE BACK ON

Stand with your feet hip-width apart. Rise onto your toes. Now, staying lifted, slowly bend your knees—then straighten back up, still on your toes.

Do this for one minute or longer.

DEEP CORE ENGAGED: Your core organizes your center and stabilizes you. Breathe fully in three dimensions—feel your ribs expand left-right, front-back, up-down, both across the front, side and back body.

A. BEND KNEES SLOWLY

B. STRAIGHTEN BACK UP



You might feel your legs shake before your core catches up and takes over. That shake is your body finding the support it forgot it had.

WHAT'S HAPPENING:
You're training your body to create support from the ground up—through your feet, legs, pelvis and deep core—so your jaw doesn't have to help stabilize.

NOTICE:

Check in with your jaw. What's it doing now? Can you feel more support coming from the ground and your center?



This isn't a one-and-done fix. Repatterning needs repetition—so you do this again tomorrow, and the day after, until your core is stable enough for your jaw to finally let go.

Two minutes each morning, while the kettle boils.

What Did You Notice?

After that 90 seconds, check in.

Is there more space in your ribcage? Did your breath drop lower? Does your jaw feel softer, even slightly?

That's your deep core coming back online. Your inner stabilizing system just woke up and your jaw got permission to stop holding.

Most women notice an immediate shift. Some feel it as relief in the jaw itself. Others feel it as a softening through the neck and shoulders, or a sense that breathing just got easier.

If you didn't feel much yet, that's information too. It means your core has been offline long enough that the first activation didn't reach it. That's not failure. That's the reality of a pattern that's been running for years. It needs more than 90 seconds to fully wake up.

Which is exactly why I built Your Serum Isn't Working.

THE NEXT STEP

Your Serum Isn't Working

When your jaw holds the intensity of your life, it shows up in your face, too.

A three-day fascia release for the tension skincare can't touch.

September 14, 15, 16 · 1pm · Online

SAVE MY SPOT