

5 WAYS TO SOOTHE YOUR NERVOUS SYSTEM

WITHOUT RX DRUGS

LYNNDAO.COM



Hi! I'm Lynn

I'm a somatic yoga therapist with a focus on **trauma healing**. Learning tools to help me heal my own traumas has led me to living more freely as SOUL.



ABOUT ME

In my own journey, I learned to heal past traumas through somatic therapy, and other holistic methods.

This allowed me to feel more at home in my body, something that I wasn't feeling for a while.

As I did the work, I finally got to a point where my body felt fully at ease, like it took a giant sigh of relief.

I hope these **5 short and easy** methods will help ease soothe your nervous system, so that you can feel at home in your body too. The beauty is, once you have these tools in your toolbox, you can bring them out any time you need to in the future.

With consistent practice, you'll see how the magic unfolds over time as you reclaim your light. ✨

Lynn Dao

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If you are struggling with mental health at the moment, you're not alone. Our society and way of life has created so much pressure that many of us feel anxious & overwhelmed. In the past, the solution was to ignore it or use drugs or alcohol to temporarily make the uncomfortable feelings go away.

As our society evolves, people are understanding that mental health and wellness is a *priority*. With more research, the world of somatic (body-based) therapy is gaining credence as an effective and necessary part to heal the WHOLE. Combining talk therapy with **somatic therapy** makes for holistic healing. You are healing your whole being.

The healing journey takes time. The more consistent you are with these practices, the more you'll start feeling the effects. Notice after a month of practice how you feel...it may be subtle changes, but if there are **small, positive shifts**, celebrate that!

BREATHING

HOW WE BREATHE AFFECTS HOW WE FEEL

Many times we don't even notice how we're breathing because we're busy doing other things. Most people breathe up in the chest, especially when stressed.

To calm the nervous system, you'll want to breathe down into your **belly** area. Inhale, feel the belly expand. Exhale, feel the belly button move closer to the spine.

TO CALM



Double the Exhale Count



Box Breathing

BREATHING

HOW WE BREATHE AFFECTS HOW WE FEEL

Sometimes anxiety feels like excess energy that needs to be expelled. In this case, you'll want to let that energy out.

Emotions like anger and frustration are normal human emotions. Allow them to be felt, and release them in a healthy way. Lion's Breath is a great way to release this energy.



Lion's Breath

TO CLEAR

1. Open your mouth wide. Stick your tongue all the way out and down toward the ground.
2. Chin level to the ground. Option to roll eyes all the way up.
3. Exhale and make a loud and long "Haaaaaah!!!" sound
4. Repeat. You may look crazy, but it feels great!

GROUNDING

TO CALM

What is grounding? It is the process of connecting yourself to the earth, either physically or visually in your head.

When you are anxious, you may feel unstable, wobbly. Grounding gives you a more stable, **solid foundation**.

Listen to this 8min [Grounding Meditation](#) or...

1. Sit with a straight spine, in a chair or on the ground.

2. Imagine a tree trunk around your waist. Inhale.

3. Exhale. See the trunk grow down into the earth.



4. Inhale into the belly. Exhale, the roots start digging into the earth.

5. Inhale into the belly. Exhale, the roots dig even deeper, and spread wider.

6. With each exhale, *feel* more rooted into the Earth.

Start with **3 minutes, 3x/week**.

WEIGHTED BLANKET

TO CALM

A weighted blanket feels like a warm, comforting hug. For many with anxiety or PTSD, the pressure from a weighted blanket helps the body's nervous system feel at ease. This promotes relaxation and better, deeper sleep.



Numerous studies have shown that Deep Pressure Therapy given by weighted blankets lessen anxiety, especially for those with PTSD and ADHD.

Many companies offer weighted blankets. For veterans, [Magic Weighted Blankets](#) offers discounts or free blankets.

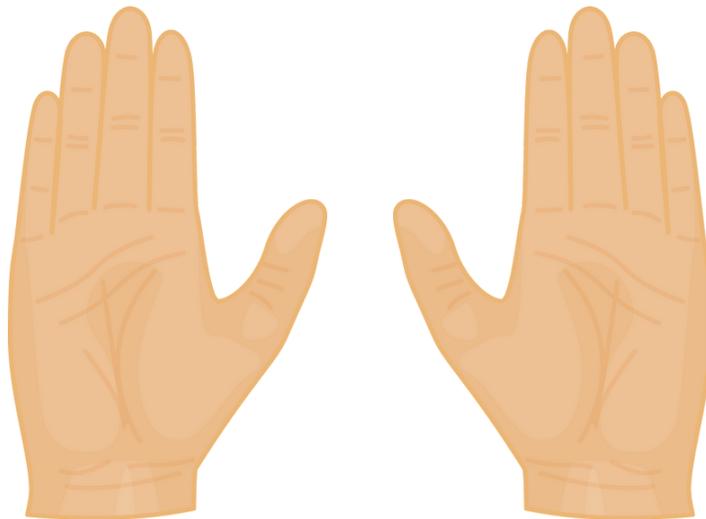
SHAKE & SWEEP

TO CLEAR & CALM

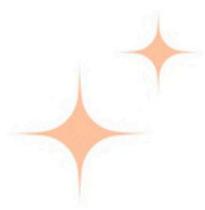
When you first get out of bed in the morning, and before you get in bed at night, take a minute to Shake & Sweep.

Shake off energetic residue by jumping up and down and shaking your arms, hands, and head. Then sweep your body from head to feet with the palms of your hands.

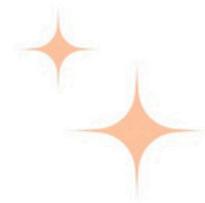
This helps you start your day fresh, and go to bed energetically cleansed. And it feels great!



This takes **less than a minute**, so you can do it daily!



WEEKLY SOUL SUPPORT



What can you do to support your healing and evolution?
It doesn't matter when you do the activity, it just matters that
you try to do it at least once a week.

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READY TO START YOUR HEALING JOURNEY?

Anxiety makes it difficult to live our lives to the fullest. It usually stems from deeper, unresolved trauma.

If you're ready to dig deeper to heal so anxiety doesn't rule your life, book a discovery call to start the journey in reclaiming your life and your light.

[SCHEDULE A FREE CALL](#)