

MAPPING THE WAY OUT OF THE DARK FOR THE HIGHLY FUNCTIONING, NOT OK CROWD

THE 6 POINTS ON THE MAP

DESCRIPTION

UNDERSTAND YOUR MAP

1 EDUCATE

You know something isn't right. You don't know what. And what is happening is outside of your current awareness. Self-education is required as you discover the role of your nervous system (and which of the 5 states it's in) and how it directly informs your quality of life. Or the absence thereof.

ASK FOR DIRECTIONS

2 TRIAGE

A diagnosis can be a major relief, and reveal a clear way forward. For individuals with high stress childhoods, and ongoing stress careers, your nervous system in particular wants caring for sooner than later.

REST THE ENGINE

Nervous System Practitioners

3 REGULATE

Before moving forward, you need to help your body feel safe again. This step focuses on slowing down, turning off "survival mode," and giving yourself the time and space to breathe. This stage is very important to the quality of the results from what comes next.

CLEAR THE BAGGAGE

Body Work, Psychedelics, Therapy, Psychology, Psychiatry, Self-Directed

4 HEAL

This step resolves the heavy baggage from your (long forgotten) past tripping you up today in all sorts of ways. And it is repairable, and it won't always be like this. Wellbeing Science has made extraordinary progress and complete transformations are readily available.

DISCOVER A BETTER WAY FORWARD

Coaching, Wearables, Community, Body Work, Red Light Therapy

5 CLEAR

You'll find new habits, routines, and strategies that replace old ways of coping, chained to addictions. With these small wins, come bigger wins and life starts to feel easier. One morning you wake up and find that you respond to challenges in healthier, more empowering ways, almost automagically.

LIGHT UP THE PATH AHEAD

All of life is a Guide, Teacher, Contributor at this point

6 RECREATE

More Energy, Greater Imagination, Future Planning, and Curiosity. You are having fun thriving, as you give, take, co-create with your proverbial village. You are recreating reality from a different physiology: brain, body, mind, soul.