

# 3 Distinct Roles of the Body when Recovering from Ongoing Exposure to Stress

Dedicated to the Highly-Functioning-Not-OK, 40+ professional

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## 1. Support Nervous System Recovery

**Priority is caring for the Nervous System so it can safely turn off Survival Mode**

Exposure to chronic stress can mark the body the way a stroke leaves a lesion on the brain.

It can also lock your nervous system into survival mode. A chaotic state that will not turn off without deliberate intervention.

Nervous System Restoration is often a critical first step in recovery. Navigating the following steps is less effective when your system is in survival mode.

## 2. Listening To The Body & Exploring Sensation

**Priority is becoming Self-Aware of what the body is telling you through sensation.**

Bodily sensations are the language of communication between the brain, body, and mind. They may feel uncomfortable but are essential pathways inward—allowing you to find your way out. It is recommended you learn this with a qualified practitioner first, before you make it part of your own personal practice.

**Self-Awareness:** Sensations are signals from the body, guiding your attention to parts of yourself that need care.

**Healing Pathway:** By tuning into these sensations, you access repressed memories, emotions, and contexts that can be cleared out of your system.

## 3. Releasing Through Body Work

**Body work helps process and release deeply stored experiences, often forgotten by the mind but active in the body, influencing daily life.**

The Body Work Spectrum spans ancient practices like breath work, and yoga, to clinical practices like EMDR, and modern practices like boxing or zumba.

When beginning, consider Nervous System Restoration should be completed first, then you can engage practices like:

Diaphragm Breathing: 5 minutes daily for relaxation.

Mindful Walking: 30 minutes daily for movement and presence.

Trauma-Informed Yoga: 3 times weekly to safely reconnect with the body.



HANDS OF TIME  
HEALING



WHO TURNED THE  
Lights On?