

# Nervous System Guide

*Regulate & Manifest*

A Guide to Nervous System Regulation  
for Manifesting Your Next Level Success

Written by  
Victoria Dumé

FUELED BY  
*Gratitude* 

# Introduction

Welcome to your Nervous System Guide: A Guide to Regulating and Achieving your Next Level Success. This guide aims to provide you with a deeper understanding of the role your nervous system plays in your life, how it can impact your ability to achieve success, and practical strategies to regulate and ground your body for a sense of safety and empowerment.

The nervous system is a complex network of nerves and cells that coordinate and control essential functions in our bodies. It plays a crucial role in our overall well-being, influencing our physical, mental, and emotional states. However, when the nervous system becomes dysregulated, it can hinder our ability to thrive and achieve our goals.

Dysregulation can manifest in various ways, including heightened stress, anxiety, difficulty focusing, and self-sabotaging behaviors. It can leave us feeling overwhelmed, stuck, and unable to move forward towards the success we desire. Understanding how the nervous system functions and its impact on our lives is the first step in gaining control and creating positive change.

In this guide, we will explore the intricate connection between the nervous system and success. We will delve into the ways in which nervous system dysregulation can hold you back, particularly in relation to anxiety and self-sabotage. You will gain insights into why you may be experiencing dysregulation and how it affects your ability to achieve your goals.

The guide will then provide you with practical tools and techniques to start regulating your nervous system and cultivating a sense of safety and groundedness. By resetting and aligning your nervous system, you will unlock the potential to achieve greater success and well-being in all areas of your life.

Embarking on this journey of understanding and regulating your nervous system is an investment in yourself and your potential. Get ready to unlock the power within you and create a life filled with success, fulfillment, and a deep sense of safety and well-being. Let's begin the transformative journey of unlocking your nervous system and embracing the success you deserve.

# What's the Dealio?

Allow me to share the reason why I decided to create this guide. I designed this guide with a deep understanding of the challenges that come with living in a dysregulated state. I have experienced first hand the consequences of living unconsciously, filled with fear, self-sabotage, and physical suffering. It kept me from reaching my goals, inhibited my relationships, and prevented me from living in my full expression and potential.

For years, I found myself stuck in a cycle of burnout, constantly striving but never truly getting far. It was a frustrating and exhausting place to be. It wasn't until I discovered the profound impact of nervous system dysregulation that I started to understand the root cause of my struggles. I also discovered how energy tied to all of this (more on that in the pages to come).

I realized that I had been living in a perpetual state of fight-or-flight, where my nervous system was constantly on high alert. This chronic activation kept me trapped in a cycle of stress and anxiety, unable to tap into my true capabilities. I also discovered that my body was holding onto unprocessed emotions and trauma, which further contributed to my dysregulated state.

Through dedicated healing and self-exploration, I embarked on a transformative journey of regulating my nervous system and releasing the limiting beliefs that were rooted in trapped emotions and trauma. As I began to heal and understand the power of self-regulation and emotional processing, I experienced a profound shift in my life.

By learning to regulate my nervous system, I created a newfound sense of freedom and empowerment. I no longer felt controlled by fear or self-sabotage. Instead, I was able to manifest incredible opportunities and success in alignment with my true desires. My relationships flourished, and I discovered a deep sense of fulfillment and purpose. Not to mention I healed a slew of physical ailments along the way.

I designed this guide as a roadmap to support you on your own self-exploration and self-awareness journey. It provides practical tools, tons of education, insightful exercises, and transformative practices to help you regulate your nervous system, process trapped emotions, and release limiting beliefs. By doing so, you can unlock your full potential, manifest success, and create a life that is more aligned, fulfilled, and joyful.

This guide serves as a beacon of hope and guidance, offering you the opportunity to embark on a journey of healing and self-discovery. It is my sincere wish that by exploring and implementing the strategies outlined in this guide, you will find the clarity, self-awareness, and empowerment you need to create a life that exceeds your wildest dreams.

# Part 1: Understanding the Nervous System

The nervous system is a complex network of nerves, cells, and tissues that plays a crucial role in regulating and coordinating the functions of the body. It consists of two main components:

**1. Central Nervous System (CNS):** This includes the brain and spinal cord. It processes information from the sensory organs, controls body movements, and coordinates overall body functions.

**2. Peripheral Nervous System (PNS):** This includes the nerves outside the brain and spinal cord. It connects the CNS to the rest of the body and transmits signals between the brain, spinal cord, and other body parts.

The nervous system performs vital functions such as sensory perception, motor control, regulation of bodily functions (e.g., heart rate, digestion), and emotional processing.

# The Role of the Nervous System in our Sense of Feeling Safe

The nervous system plays a fundamental role in our sense of feeling safe. It is responsible for perceiving, processing, and responding to external and internal stimuli, determining whether they pose a threat or are safe. Here is how:

**Fight-or-Flight Response:** The nervous system plays a vital role in responding to perceived threats or danger. When faced with a threat, the sympathetic branch of the autonomic nervous system (ANS) activates the fight-or-flight response, preparing the body to either confront the threat or escape from it.

**Parasympathetic Response:** The parasympathetic branch of the ANS counteracts the fight-or-flight response, promoting relaxation and restoring the body to a state of safety. It helps regulate heart rate, breathing, digestion, and other bodily functions, creating a sense of safety and calm.



When the nervous system perceives a threat, it triggers the release of stress hormones such as cortisol and adrenaline, preparing the body for action. Once the threat passes, the nervous system works to bring the body back to a state of balance and relaxation.

The nervous system is closely connected to the brain, and together, they influence our perception of safety. The brain receives and processes signals from the nervous system, forming our conscious experience of safety or danger. It also stores memories of past experiences and associations, shaping our responses to similar situations in the future.

When the nervous system is dysregulated, whether due to trauma, chronic stress, or other factors, our sense of safety can be compromised. Dysregulation may result in heightened anxiety, hypervigilance, or a constant state of alertness. It can lead to difficulties in accurately assessing threats and triggers, making it challenging to feel secure in our environment and relationships.

As we regulate our nervous system, we cultivate a deeper sense of safety, trust, and well-being, allowing us to engage more fully in our lives and pursue our goals with confidence.

In the next pages you will see why trying new things in a dysregulated state triggers and increased feeling of lack in safety.

# Trying new things, creating new habits, and breaking old patterns can trigger a dysregulated and unsafe feeling in the nervous system due to several reasons:

- 1. Fear of the Unknown:** The nervous system is wired to seek safety and familiarity. When we step into new experiences or break old patterns, we venture into the unknown. The unfamiliarity and uncertainty can activate the stress response and trigger a sense of unsafety within the nervous system.
- 2. Disruption of Comfort Zones:** Habits and patterns provide a sense of familiarity and comfort. Breaking these patterns and creating new habits requires stepping outside of our comfort zones. This can activate the fear response and create a sense of unsafety within the nervous system.
- 3. Resistance to Change:** The brain naturally resists change because it perceives it as a potential threat. It prefers to maintain the status quo to minimize risk and ensure survival. When we attempt to create new habits or break old patterns, the brain may interpret it as a threat, leading to a dysregulated nervous system response.

**4. Attachment to Identity:** Our habits and patterns are often tied to our identity and sense of self. When we try new things or break old patterns, it can challenge our established identity and create a sense of insecurity. The nervous system responds to this perceived threat by signaling a lack of safety. Setting new goals may challenge our existing beliefs, values, and self-perception. Our identity is closely tied to our comfort zone, and any perceived threat to our identity can activate the fear response and dysregulate the nervous system.

**5. Fear of Failure or Rejection:** Trying new things and breaking old patterns involves the risk of failure or rejection. The fear of not meeting expectations or being judged by others can dysregulate the nervous system and create a sense of unsafety.

**6. Self-Doubt and Limiting Beliefs:** When embarking on new endeavors, self-doubt and limiting beliefs can arise. Thoughts such as "I'm not good enough" or "I will fail" can trigger stress and anxiety responses, creating a sense of unsafety within the nervous system.

**7. Past Failures or Traumas:** Previous experiences of failure or trauma can leave a lasting impact on the nervous system. These experiences may cause heightened vigilance and a hypersensitive stress response when approaching new goals, as the brain perceives potential threats based on past negative experiences.

**8. Pressure and Expectations:** External pressure and expectations, whether from society, family, or peers, can create a sense of unsafety. The fear of judgment or failure can dysregulate the nervous system, making it challenging to feel secure and confident in pursuing new goals.

**When the nervous system is regulated and feels safe, it creates an optimal environment for pursuing new goals and manifesting new experiences. A regulated nervous system supports cognitive functions, emotional well-being, and overall resilience, enabling proactive and confident action.**

# Part 2:

# Dysregulation of the Nervous System

It's important to know some of the reasons why the nervous system can become dysregulated. Which are due to various factors, the top 3 include:

**1. Chronic Stress:** Prolonged exposure to stress can lead to dysregulation. Stress activates the sympathetic branch of the autonomic nervous system (ANS), leading to increased heart rate, rapid breathing, and heightened alertness. When stress is not effectively managed, it can result in chronic activation of the sympathetic response.

**2. Trauma:** Traumatic experiences can dysregulate the nervous system, leading to a heightened stress response and difficulty returning to a state of calm. The fight-or-flight response may become activated even in non-threatening situations.

**3. Unprocessed Emotions:** Emotions that are not adequately processed or expressed can impact nervous system regulation. Suppressed emotions, such as anger, fear, or grief, can accumulate and lead to chronic dysregulation.

# Signs of Nervous System Dysregulation:

- 1. Hypervigilance:** Feeling constantly on edge, easily startled, or hyperaware of potential threats.
- 2. Anxiety and Panic:** Frequent feelings of anxiety, panic attacks, or irrational fear responses.
- 3. Chronic Fatigue:** Persistent feelings of fatigue or exhaustion, even without significant physical exertion.
- 4. Sleep Disturbances:** Difficulty falling asleep, staying asleep, or experiencing restless sleep.
- 5. Irritability and Mood Swings:** Unexplained mood changes, irritability, or emotional volatility.
- 6. Digestive Issues:** Problems like indigestion, bloating, or irritable bowel syndrome (IBS).
- 7. Disrupted Concentration:** Difficulty focusing, poor memory, or decreased cognitive function.

**8. Emotional dysregulation:** Difficulty regulating emotions, experiencing intense or prolonged emotional reactions, sudden mood swings, irritability, or emotional numbing.

**9. Chronic pain or physical symptoms:** Unexplained or chronic pain, tension headaches, migraines, gastrointestinal issues, muscle tension, or other physical symptoms without a clear medical cause.

**10. Cognitive difficulties:** Impaired concentration, memory problems, difficulties with decision-making or problem-solving, and a sense of mental fog or confusion.



# Anxiety & Your Nervous System

Anxiety is closely tied to nervous system dysregulation, particularly the activation of the sympathetic nervous system, also known as the "fight-or-flight" response. When we experience anxiety, our nervous system perceives a threat or danger, even if it's not necessarily a life-threatening situation. This triggers a cascade of physiological and psychological responses that can hinder our ability to manifest and create the life we desire.

# More about Anxiety

Anxiety can stem from various factors and root causes, as each individual's experience is unique. Here are some common reasons and underlying factors that contribute to anxiety:

- **Genetics and Biology:** Some individuals may be genetically predisposed to anxiety disorders. Neurochemical imbalances, such as an overactive amygdala (the brain's fear center) or low levels of certain neurotransmitters like serotonin, can also contribute to anxiety.
- **Traumatic Experiences:** Past traumatic experiences, such as physical or emotional abuse, accidents, or significant losses, can leave a lasting impact on mental health. Trauma can trigger anxiety symptoms and create a heightened state of fear and hypervigilance.

Before we continue on about anxiety and the role it plays on our nervous system it's important to touch a little more about trauma. It's important to remember that **trauma is subjective and can vary from person to person**. Different events can impact individuals differently based on their unique circumstances, resilience, support systems, and coping strategies.

**Trauma is not limited to extreme experiences** such as abuse or the loss of a loved one. It can encompass a wide range of events or circumstances that overwhelm a person's ability to cope and leave a lasting impact on their well-being. **Here are some examples of events that can cause trauma:**

**Accidents:** Involvement in a car accident, workplace incident, or any other sudden and traumatic event can lead to psychological trauma. The fear, helplessness, and physical harm experienced during such accidents can disrupt a person's sense of safety and well-being.

- **Natural Disasters:** Living through a natural disaster like a hurricane, earthquake, or flood can be traumatic. The loss of belongings, displacement, and witnessing destruction can leave individuals with lasting psychological effects.
- **Medical Procedures or Illness:** Certain medical procedures, especially those involving intense pain or life-threatening situations, can be traumatic. Additionally, a severe or chronic illness diagnosis, hospitalization, or witnessing a loved one's suffering can also contribute to trauma.
- **Bullying or Harassment:** Persistent bullying, cyberbullying, or workplace harassment can have a profound impact on a person's mental and emotional well-being. The ongoing emotional abuse and feeling unsafe in social environments can result in trauma symptoms.

- **Loss of a Job or Financial Instability:** Sudden job loss, financial crises, or bankruptcy can be deeply distressing and lead to traumatic stress. These events can evoke feelings of helplessness, shame, and uncertainty about the future.
- **Divorce or Relationship Breakup:** The end of a significant relationship, divorce, or separation can cause emotional trauma. The dissolution of a partnership and the associated loss, grief, and disruption to one's life can be traumatic and affect one's sense of security and self-worth.
- **Childhood Neglect or Emotional Abuse:** Childhood experiences of neglect, emotional abuse, or consistent invalidation can be traumatic and shape an individual's beliefs and behaviors in adulthood. These early experiences can profoundly affect one's sense of self, relationships, and overall well-being.

# Back to explaining some common reasons and underlying factors that contribute to anxiety:

- **Chronic Stress:** Prolonged exposure to chronic stress, whether related to work, relationships, financial concerns, or other life challenges, can lead to the development of anxiety. The constant activation of the stress response can dysregulate the nervous system and contribute to ongoing anxiety symptoms.
- **Environmental Factors:** Environmental factors, such as a chaotic or unstable living situation, exposure to violence or conflict, or living in a high-pressure society, can contribute to anxiety. Environmental stressors can influence the perception of safety and trigger anxiety responses.
- **Learned Behavior:** Anxiety can be learned through observation or conditioning. If individuals grow up in an environment where anxiety is prevalent or if they have witnessed anxious behaviors in their caregivers or peers, they may develop similar patterns of anxiety.

- **Negative Thinking Patterns:** Cognitive factors, such as negative thinking patterns, excessive worry, catastrophic thinking, and perfectionism, can contribute to the development and maintenance of anxiety. Distorted thinking styles can create a cycle of anxious thoughts and behaviors.
- **Personality Traits:** Certain personality traits, such as being highly sensitive, having a predisposition to overthink, or being prone to perfectionism, can increase vulnerability to anxiety.
- **Medical Conditions and Medications:** Some medical conditions, such as thyroid disorders, heart conditions, or chronic pain, can be associated with anxiety symptoms. Additionally, certain medications or substance use can induce or exacerbate anxiety.

It's important to note that anxiety is a complex condition and often involves a combination of factors. Identifying and understanding the root causes of anxiety can be a crucial step in developing effective strategies for managing and reducing symptoms. Seeking support is key!

Now lets connect this deeper and see how anxiety with a dysregulated nervous system impedes our ability to manifest.



# Here's how anxiety and nervous system dysregulation can impede manifestation:

- **Heightened Stress Response:** Anxiety activates the stress response, flooding the body with stress hormones like cortisol and adrenaline. This heightened stress response can lead to increased tension, mental agitation, and difficulty focusing, making it challenging to maintain a positive mindset and attract what we desire.
- **Hypervigilance and Scarcity Mindset:** Anxiety often keeps us in a state of hypervigilance, where we are constantly scanning our environment for potential threats or negative outcomes. This hyper-focused attention on potential dangers can shift our mindset to one of scarcity, limiting our ability to believe in abundance and manifest our desires.

- **Disrupted Emotional Regulation:** Anxiety can disrupt our ability to regulate emotions effectively. Intense anxiety can lead to emotional overwhelm, making it difficult to maintain a calm and centered state necessary for manifestation work.
- **Negative Thought Patterns:** Anxiety often involves negative thought patterns, such as excessive worry, self-doubt, and catastrophic thinking. These patterns can create mental barriers that prevent us from aligning with positive intentions and focusing on what we want to manifest.
- **Impaired Intuition and Decision-making:** Anxiety can cloud our intuition and decision-making abilities. When the nervous system is dysregulated, it can be challenging to access our inner guidance and make clear, confident choices aligned with our desires.

**From a metaphysical perspective, the law of attraction and the law of resonance emphasize the power of our thoughts, emotions, and energetic vibration in manifesting our desires and attracting experiences into our lives. However, when our nervous system is dysregulated, it can significantly impact our energy level and interfere with the harmonious flow of energy required for alignment with these laws.**

## Here's how a dysregulated nervous system can affect our energy level and conflict with the principles of the law of attraction and resonance:

- **Low Vibrational Energy:** A dysregulated nervous system often leads to a state of chronic stress, anxiety, or overwhelm. These states generate low vibrational energy characterized by fear, negativity, and contraction. According to the law of attraction, like attracts like, so when we emit low vibrational energy, we are more likely to attract experiences and circumstances that match that energy, rather than what we desire.
- **Incoherence and Misalignment:** When our nervous system is dysregulated, it can result in incoherent or erratic energy patterns. This lack of coherence disrupts the harmonious alignment required for the law of attraction and resonance to work optimally. Incoherence can create resistance and hinder the manifestation process, making it challenging to attract what we desire.

- **Lack of Presence and Intuition:** A dysregulated nervous system often keeps us stuck in fight-or-flight mode, which impairs our ability to be fully present and connected to our intuition. The law of attraction and resonance thrive when we are in a state of presence and alignment with our inner wisdom. When our nervous system is dysregulated, we may struggle to tap into our intuition and make aligned choices that support our desires.
- **Limited Manifestation Energy:** A dysregulated nervous system can drain our energy reserves and leave us feeling depleted, fatigued, and unable to sustain the necessary energetic focus required for manifestation. The law of attraction and resonance require consistent and focused energy to create and attract what we want. When our energy levels are compromised, it becomes challenging to maintain the necessary intention and attention to manifest our desires effectively.

# Part 3: Unprocessed Emotions and Nervous System Regulation

It's time to discuss unprocessed emotions.

Emotions can significantly impact nervous system regulation. When emotions are suppressed or ignored, they can accumulate and contribute to chronic dysregulation. The body stores these emotions, and they can be triggered by certain situations, leading to a stress response.

Additionally, unprocessed emotions can create tension and imbalances in the body, affecting overall well-being.

Understanding Unprocessed Emotions and Regulating the Nervous System is key. The next few pages will help you have a deeper understanding to unprocessed emotions and how to begin regulating.

# Understanding Unprocessed Emotions

Unprocessed emotions refer to feelings and experiences that have not been adequately acknowledged, expressed, or resolved. These emotions can accumulate within us and impact our nervous system, leading to dysregulation and a lack of safety. Understanding and processing these emotions is crucial for achieving a sense of well-being and regulating the nervous system.

Unprocessed emotions can dysregulate the nervous system in several ways:

**1. Activation of the Stress Response:** Suppressed or unacknowledged emotions can activate the sympathetic branch of the autonomic nervous system, leading to a chronic stress response. This can result in increased heart rate, shallow breathing, muscle tension, and heightened vigilance.

**2. Disrupted Emotional Regulation:** Unprocessed emotions can disrupt the brain's ability to regulate emotions effectively. This can lead to emotional volatility, difficulty managing stress, and feeling overwhelmed or stuck in negative emotional states.

**3. Physical Manifestations:** Unprocessed emotions can manifest as physical symptoms such as headaches, digestive issues, chronic pain, or fatigue. These physical manifestations are often the body's way of signaling that emotional processing is needed. I highly recommend reading the book "The Emotion Code" by Dr. Bradley Nelson. This book dives deep in to understanding trapped emotions and how to begin releasing them.

**4. Interference with Cognitive Functioning:** Unresolved emotions can interfere with cognitive processes such as concentration, memory, decision-making, and problem-solving. This can impact our ability to navigate challenges effectively and create a sense of safety.



# Part 4: Steps to Process Unprocessed Emotions and Regulate the Nervous System

Releasing trapped emotions is important for regulating the nervous system because emotions play a significant role in the functioning of our nervous system. When emotions are experienced and expressed in a healthy way, they flow through the body and dissipate, allowing the nervous system to return to a state of balance. However, when emotions become trapped or suppressed, they can create imbalances and dysregulation in the nervous system.

To release trapped emotions, various therapeutic approaches can be beneficial, such as somatic experiencing, trauma-focused therapy, mindfulness practices, expressive arts, and energy healing modalities.

# Activities to Help Process Unprocessed Emotions and Regulate the Nervous System

- **Cultivate Self-Awareness:** Start by developing an awareness of your emotions and how they manifest in your body. Notice any patterns or triggers that elicit emotional responses. Regularly check in with yourself to identify and acknowledge your emotions.
- **Create a Safe Space:** Find a quiet and comfortable space where you can reflect and process your emotions without distractions. This can be a dedicated journaling corner, a meditation spot, or any place where you feel at ease.
- **Journaling Prompts and Questions:** Use the following prompts and questions on the following page to explore and process your unprocessed emotions:

# Journal Prompts & Questions

1. What emotions do I frequently experience but tend to suppress or ignore?
2. Are there any specific situations, events, or people that trigger these emotions?
3. How do these emotions manifest in my body? What physical sensations do I feel?
4. What beliefs or thoughts might be contributing to these emotions?
5. How have these emotions impacted my daily life, relationships, or well-being?
6. What would it look like to fully acknowledge and express these emotions?

# Additional Activities to Help Process Unprocessed Emotions and Regulate the Nervous System

- **Expressive Writing:** Engage in expressive writing by allowing yourself to freely express your emotions on paper. Write without judgment or censorship, allowing your thoughts and feelings to flow. This process can provide clarity and help release pent-up emotions.
- **Engage in Emotional Release Practices:** Explore various practices that facilitate emotional release, such as deep breathing exercises, mindfulness meditation, body-centered practices like yoga or tai chi, or engaging in creative activities like art or music therapy.
- **Practice Self-Compassion:** Throughout the process, be kind and gentle with yourself. Emotions can be challenging to navigate, so practice self-compassion and self-care. Allow yourself to feel and process without judgment or criticism.

# The Unconscious Mind and Nervous System Regulation

The unconscious mind plays a significant role in regulating the nervous system. It stores memories, emotions, and beliefs that influence our responses to various stimuli. Unconscious patterns and conditioning can impact how the nervous system reacts to new situations.

Past experiences, traumas, and conditioning can shape unconscious patterns that affect nervous system regulation. If the unconscious mind associates certain experiences or situations with danger, it can trigger a dysregulated response, hindering the ability to feel safe and take action towards new goals.

# The Unconscious Mind continued...

While we may believe that our conscious mind is in control, research suggests that the unconscious mind holds far greater influence over our decisions and actions than we realize. Here's why:

**Information Processing:** The unconscious mind has immense capacity for processing information. It operates at a rapid pace, effortlessly analyzing vast amounts of data and drawing conclusions based on patterns, experiences, and learned associations. This allows it to make split-second decisions and influence our behavior without our conscious awareness.

**Beliefs and Conditioning:** Our beliefs and conditioning shape the way we perceive and interpret the world. Many of these beliefs are ingrained in the unconscious mind, often formed during early childhood or influenced by societal and cultural conditioning. These deeply embedded beliefs can dictate our thoughts, emotions, and actions, guiding our life choices and direction.

**Emotional Processing:** Emotions are intricately linked to the unconscious mind. And as we learned earlier unresolved or unprocessed emotions can reside in the unconscious, impacting our daily experiences and decision-making. The unconscious mind may seek to protect us from perceived threats or discomfort by influencing our choices in ways that avoid triggering unpleasant emotions.

**Habitual Patterns:** The unconscious mind is responsible for forming and maintaining habitual patterns. These patterns shape our behaviors and responses, guiding us on autopilot without conscious effort. Habits can be beneficial, but they can also limit our potential for growth and change if they are rooted in unconscious programming that no longer serves us.

**Memory and Recall:** The unconscious mind holds vast stores of memories and experiences, some of which may not be consciously accessible. These memories can influence our decision-making, preferences, and biases, steering us towards certain directions in life based on past associations and experiences.

**Intuition and Gut Feelings:** Intuition, often described as a "gut feeling," arises from the unconscious mind. It is a form of rapid processing and pattern recognition that operates below conscious awareness. Intuition can guide us towards decisions and paths that align with our deeper desires and purpose, even when we can't logically explain why.



While the conscious mind plays a role in making deliberate choices, it is heavily influenced by the unconscious mind. Understanding and working with the unconscious mind allows us to gain insight into the underlying drivers of our thoughts, emotions, and behaviors. By exploring and addressing the beliefs, conditioning, and unresolved emotions stored in the unconscious, we can gain greater clarity, make more aligned choices, and take intentional steps towards our desired life direction. Techniques like therapy, mindfulness practices, journaling, and self-reflection can help bring the unconscious into conscious awareness, enabling us to take more active control of our life's direction. More techniques will be share in the following pages.

**Journal prompts can be a valuable tool for exploring unconscious programming and beliefs that may be contributing to a lack of safety and dysregulation in the nervous system.**

**Here are some prompts to help you navigate this process:**

- What are some recurring patterns or behaviors in my life that make me feel unsafe or trigger a dysregulated nervous system response?
- Can I identify any specific childhood experiences or events that may have contributed to my current beliefs about safety or lack thereof?
- What are some beliefs or messages I received from my family, society, or influential figures about safety, worthiness, or self-identity? How do these beliefs impact my sense of safety and nervous system regulation?

- Reflect on situations where you feel triggered, anxious, or dysregulated. What thoughts or beliefs come to mind during these moments? Are there any recurring themes or underlying messages that contribute to your sense of unsafety?
- Consider any limiting beliefs you hold about yourself, others, or the world that might contribute to feelings of unsafety. How do these beliefs affect your nervous system response and overall well-being?
- What are some ways in which you may be seeking external validation or constantly trying to prove your worthiness to others? How does this impact your sense of safety and nervous system regulation?

- Reflect on any past traumas or significant life events that may have left an imprint on your unconscious mind. How do these experiences influence your current beliefs, behaviors, and sense of safety?
- Can you identify any patterns of self-sabotage or fear of success that might be rooted in unconscious beliefs or programming? How do these patterns contribute to a dysregulated nervous system response?
- Consider the role of self-compassion and self-acceptance in creating a sense of safety and regulating the nervous system. How can you cultivate these qualities to counteract unconscious beliefs that undermine your well-being

- Imagine a future where you feel safe, secure, and regulated in your nervous system. What beliefs, thoughts, or actions would need to shift to create that reality? What steps can you take to begin challenging and rewriting your unconscious programming?

Remember, journaling is a personal and introspective process. Allow yourself to explore these prompts with curiosity, honesty, and self-compassion. If certain emotions or memories arise that feel overwhelming, consider seeking support from a therapist or a life coach who can provide guidance and help you navigate the healing process.

# Strategies to Navigate Dysregulation and Cultivate Safety:

**1. Gradual Progression:** Instead of making drastic changes all at once, break down your goals into smaller, manageable steps. Gradually introduce new experiences and habits, allowing your nervous system to adapt and regulate more easily.

**2. Self-Compassion:** Be kind and patient with yourself as you navigate change. Embrace self-compassion and acknowledge that feeling dysregulated is a natural response to stepping outside your comfort zone. Offer yourself support and understanding during the process.

**3. Supportive Environment:** Surround yourself with a supportive community or individuals who encourage and uplift you. Having a safe and nurturing environment can help regulate the nervous system and provide a sense of safety.

**4. Mindfulness and Grounding:** Practice mindfulness techniques such as deep breathing, grounding exercises, or meditation to bring awareness to the present moment and create a sense of stability within the nervous system.

**5. Reframe Perspectives:** Challenge negative thoughts and beliefs that contribute to a dysregulated nervous system. Reframe your perspectives to focus on growth, learning, and embracing new experiences as opportunities for personal development.

**Celebrate Progress!  
Acknowledge and  
celebrate each step of  
progress, no matter  
how small. Recognize  
your achievements and  
the courage it takes to  
try new things and  
break old patterns.  
Celebrating progress  
reinforces a sense of  
safety and  
accomplishment within  
the nervous system.**



# Part 5: Steps and Somatic Techniques for Nervous System Regulation

To begin regulating your nervous system and promoting a state of calm and balance, consider implementing the following steps and the somatic techniques mentioned in the following pages :

**1. Mindful Breathing:** Engage in deep breathing exercises to activate the parasympathetic branch of the ANS, which promotes relaxation. Take slow, deep breaths, focusing on the sensation of the breath entering and leaving your body.

**2. Body Scanning:** Close your eyes and slowly scan your body from head to toe. Notice any areas of tension or discomfort. Breathe into these areas and consciously release the tension as you exhale.

**3. Grounding Techniques:** Connect with the present moment and your physical surroundings. Feel your feet on the ground, notice the sensations of your body against a chair.

**4. Breathwork:** Engage in deep breathing exercises to activate the parasympathetic response and promote relaxation. (in the next few pages I will share more details on breathwork and how to engage in this practice.)

**5. Somatic Practices:** Explore somatic practices such as yoga, tai chi, or body-centered therapies to release tension and regulate the nervous system.

**6. Self-Reflection and Journaling:** Engage in self-reflection and journaling to uncover unconscious patterns, process emotions, and promote self-awareness.

**7. Emotional Release Techniques:** Utilize techniques such as expressive writing, creative arts, or somatic experiencing to release stored emotions and promote nervous system regulation.

**8. Self-Compassion and Self-Care:** Cultivate self-compassion, practice self-care, and engage in activities that nourish and support your well-being.

# Breathwork Exercises:

**Diaphragmatic Breathing:** Place one hand on your abdomen and take slow, deep breaths, allowing your belly to rise and fall with each inhale and exhale. This technique activates the relaxation response and helps regulate the nervous system.

**Box Breathing:** Inhale for a count of four, hold the breath for a count of four, exhale for a count of four, and hold again for a count of four. Repeat this pattern several times, focusing on smooth and even breaths.

# Grounding Techniques:

- 1. Sensory Grounding:** Engage your senses by focusing on the present moment. Notice five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste.
- 2. Grounding through Connection:** Connect with the earth by walking barefoot on grass or sand, or by hugging a tree. Visualize roots growing from your feet, grounding you deep into the earth.
- 3. Grounding Affirmations:** Repeat grounding affirmations such as "I am rooted and supported," "I am safe and secure," or "I trust in my ability to navigate challenges."

# Mindful Eating:

Mindful eating is a practice that involves paying full attention to the experience of eating, bringing awareness to the senses, thoughts, and emotions that arise during the eating process. It involves slowing down, savoring each bite, and engaging with the present moment.

Mindful eating can help regulate the nervous system in several ways:

- **Activation of the Relaxation Response:** By slowing down and being fully present with your food, you create a more relaxed and peaceful environment for eating. This activates the parasympathetic nervous system, often referred to as the "rest and digest" response, which promotes relaxation and digestion.

- **Increased Body Awareness:** Mindful eating encourages tuning into bodily sensations, such as hunger, fullness, and satisfaction. This awareness helps you respond to your body's needs, eat when hungry, and stop when comfortably full. This reduces the stress on the body and supports a more balanced nervous system response.
- **Emotional Regulation:** Mindful eating encourages the observation of emotions that arise during eating, without judgment. This practice can help develop a healthier relationship with food and prevent emotional eating or using food as a coping mechanism for stress or other emotions. By being aware of emotions, you can choose more adaptive ways to address them.
- **Improved Digestion:** When the nervous system is regulated and relaxed during meals, the body can better focus on digestion and assimilation of nutrients. Enhanced digestion promotes optimal nutrient absorption and can reduce gastrointestinal distress.

## To practice mindful eating, consider the following tips:

- 1. Slow down:** Take your time to eat, savoring each bite. Put down utensils between bites, and chew your food thoroughly.
- 2. Engage the senses:** Notice the colors, smells, textures, and flavors of your food. Pay attention to the sensations and the experience of eating.
- 3. Observe hunger and fullness cues:** Check in with your body to identify true hunger and eat until you are comfortably satisfied, rather than eating mindlessly or overeating.
- 4. Non-judgmental awareness:** Notice any thoughts or emotions that arise during the eating process without judgment. Be curious and compassionate toward your experience.
- 5. Minimize distractions:** Create a calm eating environment by reducing distractions such as electronic devices, television, or reading material. Focus on the meal and the act of eating.



# Part 6: Additional Strategies to Regulate the Nervous System and Create Sense of Safety:

**Self-Compassion and Mindset Shift:** Practice self-compassion by acknowledging and accepting your fears and doubts. Reframe negative thoughts and replace self-judgment with self-encouragement and support.

**Gradual Exposure and Small Steps:** Break down your goals into smaller, manageable steps. Gradually expose yourself to new experiences and challenges, allowing your nervous system to adapt and regulate gradually.

**Self-Care and Stress Reduction:** Prioritize self-care activities that promote relaxation and stress reduction. Engage in practices such as meditation, deep breathing exercises, yoga, or spending time in nature to support nervous system regulation.

**Seeking Support:** Reach out to a trusted friend, mentor, or coach who can provide guidance and support throughout your goal-setting journey. Having someone to share your fears and challenges with can help regulate the nervous system and provide a sense of safety.

**Embracing Growth Mindset:** Cultivate a growth mindset that views challenges as opportunities for learning and personal growth. Embrace the idea that setbacks and failures are part of the journey and can contribute to your overall development.

**Celebration and Acknowledgment:** Celebrate your achievements and milestones along the way. Recognize and acknowledge your progress, no matter how small, to reinforce a sense of safety and accomplishment within the nervous system.

# Journal Prompts for self reflection and self exploration

---

1. What do I truly value and cherish about myself?
2. How can I practice self-compassion and kindness towards myself?
3. What are the negative beliefs or self-talk patterns that hold me back from embracing self-love and self-worth?
4. How can I challenge and reframe those negative beliefs or self-talk patterns?
5. What are my strengths, talents, and unique qualities, and how can I celebrate and nurture them?
6. Am I setting healthy boundaries that honor my needs, values, and well-being?

8. Am I seeking validation and approval from external sources, and how can I shift towards finding validation within myself?

9. What steps can I take to cultivate a positive self-image and body acceptance?

10. How can I cultivate gratitude and appreciation for myself and my journey, acknowledging the progress I've made and the lessons I've learned?

11. Am I surrounding myself with people who uplift and support my self-worth, and how can I cultivate a supportive network?

12. How can I practice forgiveness, both towards myself and others, to let go of past hurts and embrace a positive self-image?

13. What are my passions, dreams, and aspirations, and how can I pursue them with confidence and self-belief?

8. Am I seeking validation and approval from external sources, and how can I shift towards finding validation within myself?

9. What steps can I take to cultivate a positive self-image and body acceptance?

10. How can I cultivate gratitude and appreciation for myself and my journey, acknowledging the progress I've made and the lessons I've learned?

11. Am I surrounding myself with people who uplift and support my self-worth, and how can I cultivate a supportive network?

12. How can I practice forgiveness, both towards myself and others, to let go of past hurts and embrace a positive self-image?

13. What are my passions, dreams, and aspirations, and how can I pursue them with confidence and self-belief?

14. How can I practice self-reflection and self-awareness to deepen my understanding of myself and my needs?

15. What steps can I take to prioritize my well-being, including physical, mental, and emotional health?

# That's a Wrap!

Congratulations on completing this guide on understanding and regulating your nervous system to manifest more success in life. By exploring the role of the nervous system, recognizing signs of dysregulation, and implementing healing techniques, you have taken important steps toward creating a balanced and empowered life.

Throughout this guide, we have delved into the intricate connection between the nervous system and our overall well-being. You have gained insights into how dysregulation can hinder your ability to manifest your desires, achieve goals, and experience true success. By understanding the underlying causes of nervous system dysregulation, such as unprocessed emotions, trauma, and external influences, you have opened the door to healing and transformation.



Remember, regulating the nervous system takes time and patience. Be gentle with yourself as you navigate new goals, and remember that feeling a lack of safety is a common response to the unknown.

Dysregulation and feeling unsafe when trying new things is a natural response. By implementing these strategies, you can support your nervous system in finding a sense of safety and embarking on your goal pursuit with more confidence and resilience.

Be patient with yourself, and gradually stepping into new experiences, you can help regulate your nervous system and create a greater sense of safety and confidence in navigating change.

As you move forward, continue to nurture your relationship with yourself. Cultivate self-love, self-worth, and self-value. Set boundaries that honor your needs and values, and surround yourself with supportive and uplifting individuals who align with your aspirations. Embrace a mindset of abundance, gratitude, and possibility, knowing that you have the power to shape your reality.

You are now equipped with the knowledge and tools to regulate your nervous system and manifest the success and fulfillment you desire. Trust in yourself, trust in the process, and embrace the journey of self-discovery and transformation.

Wishing you a life filled with balance, resilience, and abundant success.

With love and empowerment,

**Victoria Dumé**



# READY FOR MORE?

*Attract and create the  
life you desire.*

What began as a journey of self exploration and healing from a difficult divorce has now boomed to a growing and flourishing lifestyle brand created to empower women with tools, books, courses and products that will encourage growth in all the key areas of life.

Fueled by Gratitude's mission is to help women discover a life in which they are not just surviving but a life in which they are thriving in.

RETREATS

COACHING

COURSES

If you are interested in working with Victoria one on one or in one of her group coaching programs use the QR code to sign up or send an inquiry on the many programs offered!

FUELED BY  
*Gratitude*

