

EMPOWER YOUR INNER CALM

through Nervous System Regulation



TIANNE ALLAN

E-RYT500, YACEP, YOGA THERAPIST, B.A.

"It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds".

- Thich Nhat Hanh

Welcome!

Welcome to the Empower Your Inner Calm manual. Together, we'll explore powerful nervous system regulation practices designed to quiet the busy mind, release tension from the body, and nurture a deep sense of inner calm. Along the way, you'll activate your body's natural systems for restoration, rejuvenation, and healing—counteracting the harmful effects of chronic stress.

You may be surprised by how quickly these practices can guide you toward a state of greater ease, resilience, and well-being. Enjoy the journey!

- Tianne

The Powerful Benefits of Nervous System Regulation



RAISES SELF-ESTEEM



REDUCES STRESS



REDUCES ANXIETY



IMPROVES SLEEP



IMPROVES
CONCENTRATION



MAINTAINS OPTIMAL
WELLNESS



IMPROVES YOUR
MEMORY



NO SPECIAL
EQUIPMENT



ENCOURAGES
MINDFULNESS



CLARITY WITH
DECISION MAKING



FOSTERS
CREATIVITY



FEEL MORE
GRATEFUL



ENCOURAGES A
BALANCED
LIFESTYLE



FEEL HAPPIER!



FEEL KINDNESS &
COMPASSION



AFFORDABLE OR
FREE!



Nervous System Regulation

Why?

Nervous system regulation is vitally important to our health and well-being. However, in highly stressed lives, the down regulation from stress to calm that we most need, is often the hardest thing to make time for. We need to teach ourselves how to down-regulate, giving our bodies and minds a chance to rejuvenate and strengthening our inner resilience.



HOW?

1

Releasing tension in the body through restorative relaxation or gentle rhythmic movement, especially when focused on specific areas of the body, reduces overall stress level, fatigue, and increases a sense of well-being. This manual will show you how to do:

BACKBENDS to release tension through the **shoulders, chest & belly**

FORWARD BENDS to lengthen the **spine** and **hamstrings**

TWISTS to relieve tension through your **spine**

HIP OPENERS to open tight **hips**

“You can’t calm the storm. What you can do is calm yourself. The storm will pass.” —
Timber Hawkeyeh

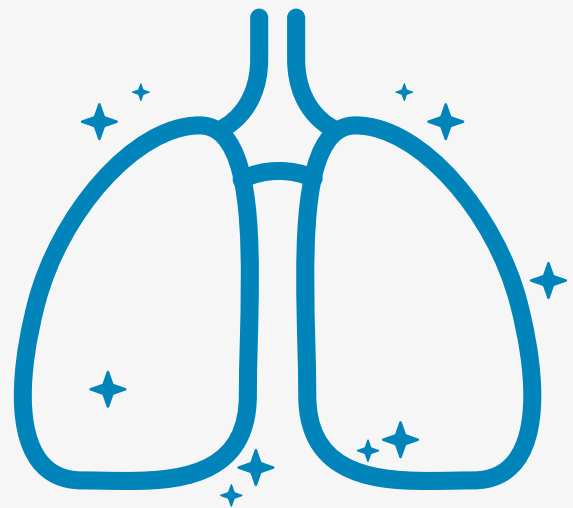
2

***Mindfulness meditation calms mental stress.***

Research shows we have about 70,000 thoughts per day—our minds are very busy! As you experience each meditation practice, you will notice different benefits. You can then choose the practice that gives you the support you need, whether it is quieting your mind, calming anxiety or improving your focus.

3

Breath is the most powerful tool for decreasing stress and engaging the relaxation response. We take between 800 and 900 breaths per hour. Each one of those breaths is the opportunity to **self-regulate** our stress level. Guiding your breath, as we will learn in the breath practices, brings immediate benefits.



“Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor.”

— Thich Nhat Hanh

When and where to do NSR practices?

These practices are fabulously portable and adaptable. You can practice wherever you are, whenever you need it;



How often to do NSR?

A daily practice is a powerful self-care habit to cultivate. Each practice resets your nervous system, giving your body a chance to restore rejuvenate. If daily is not possible, just do the best you can. The key is to weave it into your life, making it an essential part of your self-care routine, as important as brushing your teeth!

WORK

IN THE MIDST OF THE
HECTIC PACE & HIGH
DEMANDS TO REDUCE
STRESS AND FEEL CALM

SOCIAL GATHERINGS

TO REDUCE ANXIETY,
NERVOUSNESS , FEEL
MORE CALM AND
GROUNDED

SLEEP

TO HELP RELAX YOUR
BODY AND QUIET MIND
PREPARING YOU FOR
RESTORATIVE SLEEP

HOME

A QUIET SPACE
FOR DAILY PRACTICE TO
BUILD RESILIENCE



3 PATHWAYS TO NERVOUS SYSTEM REGULATION

Breath Practices



Restorative Relaxation/ Rhythmic Movement



Mindfulness Meditation



BREATH PRACTICES

Add a breathing practice to your daily routine

Breathing is an integral part of the nervous system regulation process. Guiding your breath can directly stimulate the relaxation response. It is the most accessible and powerful stress reduction tool you have!

Soft Belly Breath

Effective breath to *quickly calms* and *relax*. Easy to do *anywhere, anytime*!

Step 1: place your hands on your belly, guide your breath to flow in & out of belly.

Step 2: inhaling, say to yourself, "soft"

Step 3: exhaling say to yourself, "belly"

Repeat as needed

If thoughts come, let them come and let them go and return your awareness of your soft belly breathing!

Long Calm Breath

Great breath to *focus* your mind, calm and relax the body. Easy to do *anywhere, anytime*!

Step 1: inhaling, say to yourself, "long"

Step 2: exhaling say to yourself, "calm"

Repeat as needed

No matter how often your mind wanders, just gently bring it to the breath!

“

When the breath wanders the mind also is unsteady. But when the breath is calmed the mind too will be still". ~ Svatmarama





➤ Release & Let Go Breath

Very helpful for releasing *mental*, *emotional stress*; you might imagine anything you wish to let go of, being carried out on the breath.

Step 1: inhale through your nose

Step 2: exhale through your mouth, exhale is longer than inhale

Repeat as needed

➤ Alternate Nostril Breathing

Excellent breath to help you to be more mindful of the present moment and *calm anxiety*

Step 1: Close your *right* nostril, inhale through your *left* nostril only

Step 2: Close your *left* nostril, exhale through your *right* nostril only

Step 3: Keep *left* nostril closed, inhale through *right* nostril only

Step 4: Close *right* nostril, exhale through *left* nostril only

Repeat as needed



➤ The 4-Square Breath

Simple breath to *focus* your mind & *calm anxiety*. Can be helpful for quieting your mind before bed, or if awoken during the night.

Step 1: inhale lowly for 4

Step 2: hold breath in for 4

Step 3: exhale slowly for 4

Step 4: Hold breath out for 4

Repeat as needed

➤ Heart-Centered Breathing

This beautiful breath brings energy and awareness to your heart-centre. It is highly beneficial for *emotional stress*, *cultivating calm* and *compassion*.

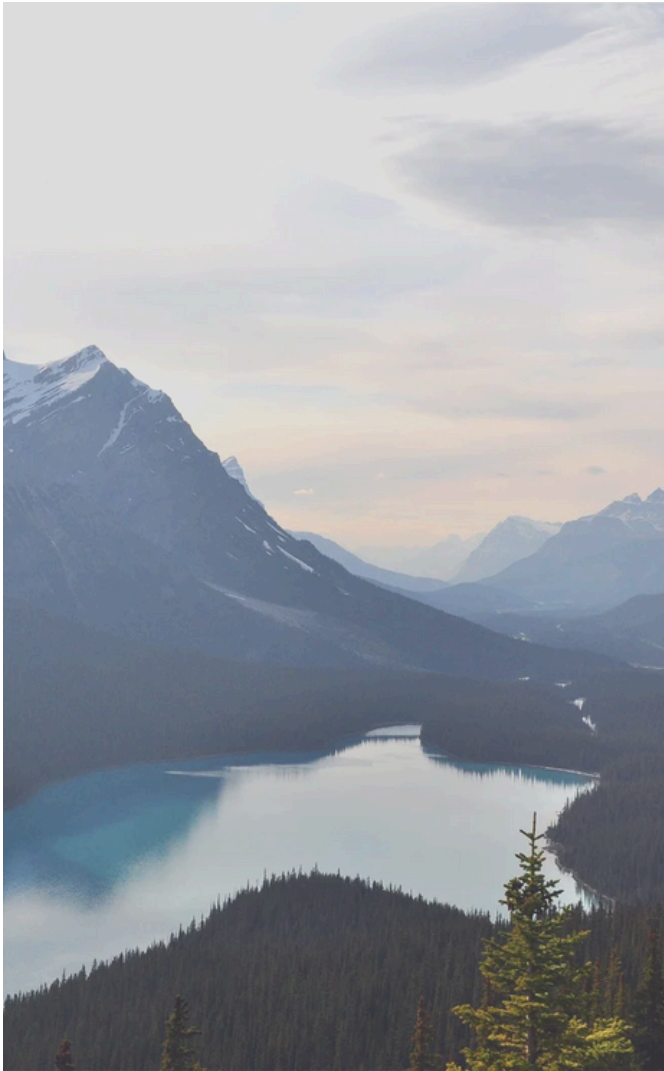
Step 1: place one hand on your belly and one hand on your heart

Step 2: as you breathe, imagine your breath is flowing through your heart centre

Step 3: as your breath flows through your heart centre, imagine someone or someplace you love

Repeat as needed





”

*THE MIND IS LIKE WATER, WHEN
ITS TURBULENT ITS DIFFICULT TO
SEE, WHEN ITS CALM, EVERYTHING
BECOMES CLEAR
— PRASAD MAHES*

“

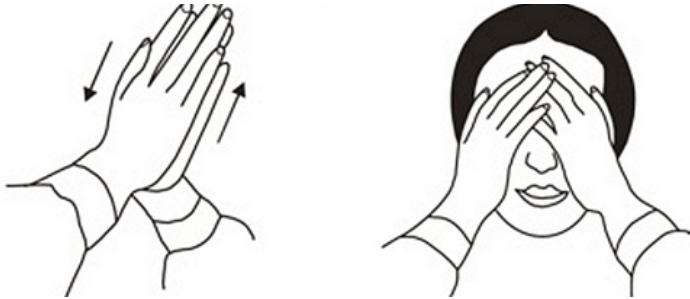
MINDFULNESS MEDITATION

**Slow down those racing thoughts, let go of negativity,
and clear & quiet your mind**

Mindfulness meditation is a practice of focusing the mind, of “*paying attention, on purpose, to the present moment, without judgement*”, (Dr. Jon Kabat-Zinn). Research shows we have an average of **70,000** thoughts in a day and more than half are the same repetitive thoughts, going round and round!

Use any of these meditation practices to quiet and clear your mind in any moment!

PALMING MEDITATION



*This practice quickly gives you a deep sense of **calm** & clears your mind giving you a beautiful a minibreak – **any time, anywhere***

Step 1: Rub your palms together to build warmth

Step 2: Place your palms over your face, (hover just in front or touch lightly).

Step 3: Focus your attention on the warmth of your palms

BLUE SKY MEDITATION

*Highly beneficial for **releasing mental** & **emotional** stress; quieting and clearing your mind*

Step 1: Sit or lie down comfortably

Step 2: Close your eyes and imagine seeing a spacious, expansive **blue sky**

Step 3: When a distraction arises, (thought, feeling, sensation), imagine it as a cloud passing through the sky, returning your awareness to the open blue sky



BODY SCAN MEDITATION

*Helps tune in to your body—to reconnect to your physical self. Especially effective for **releasing physical tension***

Step 1: Sit or lie down comfortably

Step 2: Close your eyes and begin to move your attention through your body, starting at your feet and moving up through your legs, torso, hands, arms, neck and head. Pause at each area, long enough to notice **physical sensations** such as *tingling, warmth, tightness, softness, etc.*



YOGA NIDRA MEDITATION



*This guided meditation is deeply restful for the body and quiets your mind. It cultivates a deep inner calm and connects you with your wisdom body, your inner **Truth**. It is said that 1 hour of Yoga Nidra is as restful as 4 hours of deep sleep. My favourite meditation!*

Step 1: Sit or lie down comfortably

Step 2: Close your eyes and listen to an audio recording of a teacher, guiding you through the meditation. (Recordings available on Youtube, Insight Timer, Spotify)

PENDULATION MEDITATION

Pendulation is the practice of moving your awareness from pleasant to unpleasant helping shift focus from overwhelm to calm, from discomfort to comfort. Especially effecting when experiencnig pain.

Step 1: Sit or lie down comfortably

Step 2: Close your eyes, scan through your body, notice where you feel comfort. Let your awareness rest on this place, noticing what comfort feels like. Take 5 breaths.

Step 3: Now let your awareness for to where you feel discomfort, notice what this place feels like. Take 3 breaths.

Step 4: Return your awareness to the place of comfort. Notice what it feels like. Take 5 breaths. Repeat the pendulation 2 times or more.



RESTORATIVE RELAXATION

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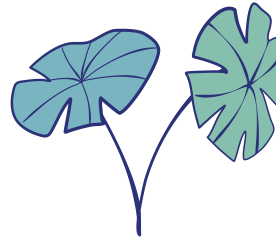
Sometimes the most important thing in the whole day is the rest we take, between two deep breaths
— Etty Hillesum

RESTORATIVE RELAXATION TO RELEASE TENSION AND STRESS FROM YOUR BODY

Restorative relaxation helps reduce the physical and mental effects of everyday stress.

As you relax, your parasympathetic nervous system is engaged. This is the part of our nervous system responsible for slowing heart rate, increasing blood flow to your vital organs; repairing and rejuvenating your whole body.

Try one of these restful poses next time you are feeling stress and tension, for a deeply relaxing, restorative rest!

6 RESTORATIVE
RELAXATION POSES**01** *RECLINED
POSE***02** *CHILD'S
POSE***03** *BACKBEND***1** **Benefits**

- **releases** tension in the **shoulders, chest** and **belly**

Precautions

- if neck, back or knee discomfort, use extra blankets for comfort

2 **Benefits**

- **releases** tension in the **spine, low back, shoulders, belly**
- **opens** the **hips**

Precautions

- if you experience knee or ankle discomfort, simply take both legs to one side

3 **Benefits**

- **releases** tension in the **shoulders, chest** and **belly**
- excellent antidote to habitual rounding posture

Precautions

- do not lie on back if pregnant, instead, do the *Reclined pose*



4 Benefits

- perfect basic relaxation variation if lying on back not possible
- very **calming**

Precautions

- if neck, bottom shoulder or hip are uncomfortable, use additional blankets for comfort

5 Benefits

- **releases** tension in **low back, belly, thighs, calves** and **hamstrings**
- helps to relieve **tired feet, legs**

Precautions

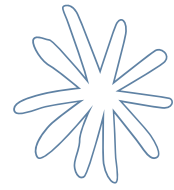
- do not lie on back if pregnant, instead, do *Reclined Pose with Legs up*

6 Benefits

- releases tension in low back, belly, thighs, calves and hamstrings

Precautions

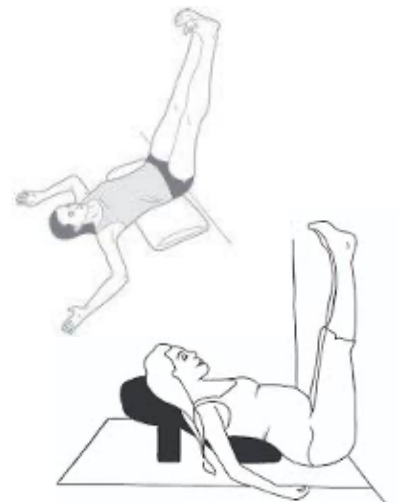
- do not lie on back if pregnant, instead, do the *Side-Lying Relaxation*



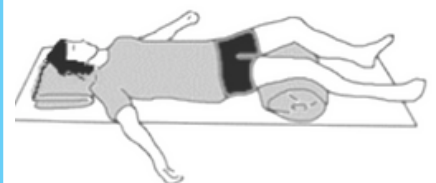
04 SIDE-LYING RELAXATION



05 LEGS-UP POSE



06 BASIC RELAXATION



NERVOUS SYSTEM REGULATION IN DAILY LIFE

1. PAUSE. CHECK-IN

How does your body feel:
tense, tired, energetic?
Is your mind busy, clear?
How are you feeling:
anxious, sad, happy?

2. REFLECTION

What do I need right now?
Which NSR practice will
help me? Which NSR
practice is easiest for me
to do in this moment?

3. NSR PRACTICE

Enjoy 5-15 min. of a
nervous system
regulation practice.
Even 5 minutes can
have a powerful impact!

1

Pause. Check-in.



2

What do I need?



3

NSR practice



"Almost everything will work again, and better, if you unplug it for a few minutes, including you." Anne Lamott

Wishing you inner calm and ease as you regulate your nervous system, strengthening your resilience and well-being.

Tianne Allan

A FEW OF MY
FAVOURITE QUOTES:



YOGA WITH TIANNE

“

“It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus, and find creative solutions to problems”

— Thich Nhat Hanh

“Calm mind brings inner strength and self-confidence, so that's very important for good health.” —Dalai Lama

“If you want to conquer the anxiety of life, live in the moment, live in the breath.”

—Amit Ray

“Tension is who you think you should be. Relaxation is who you are.”

—Chinese Proverb



MY NOTES



MY NOTES



MY NOTES