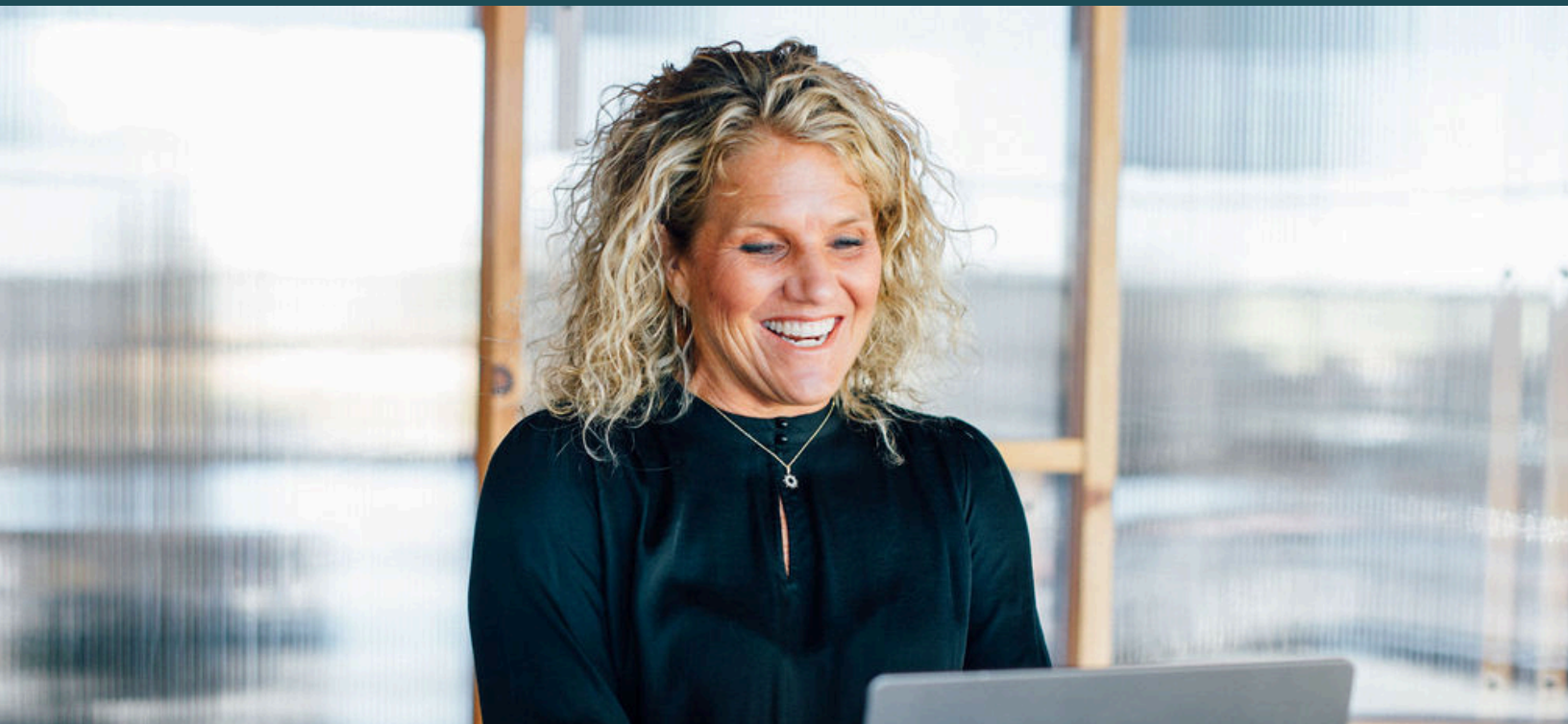


6 Somatic Practices

For A Calmer, More Effective You



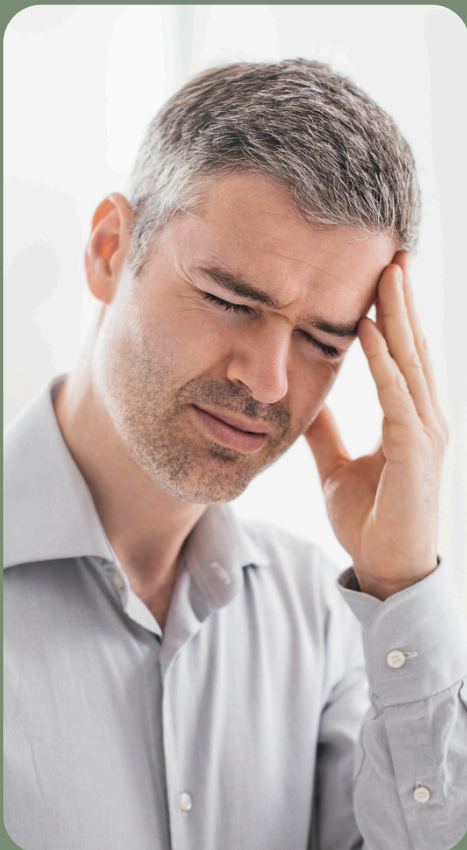
Most business owners believe that if they just push harder and do more, they will achieve success. Yet grinding away non-stop towards your goals, giving a little more effort, and constantly powering through all your body's messages isn't moving you towards your goals.

The truth is that constantly grinding and striving is dysregulating your nervous system, and that is seriously hurting your business.

Symptoms of Dysregulation

Dysregulation in your body occurs when your sympathetic and parasympathetic nervous systems are out of balance, which can lead to a range of symptoms:

- **Physical symptoms:** Headaches, chronic pain, muscle tension, insomnia, appetite changes, weight gain or loss, digestive issues, hormone imbalances, fatigue, and seizures
- **Psychological symptoms:** Anxiety, depression, mood swings, irritability, and a pervasive sense of depletion
- **Cognitive symptoms:** Memory problems, difficulty concentrating, and being easily overwhelmed
- **Sensory symptoms:** Hypersensitivity or hyposensitivity to sounds, lights, textures, or smells



A dysregulated nervous system is often the underlying cause of many common health issues such as chronic stress or anxiety, burnout, and various types of chronic pain or illness.

When we are dysregulated, we also cannot think clearly, respond effectively, or access our inner wisdom. When we are dysregulated, we are “dumb”. When we are stressed, we are “stupid”. Our interactions with people are more stressful and less satisfying, and we don’t feel inner peace or joy.



The Impact On Your Business

Having a dysregulated nervous system can impact your business in a myriad of ways. For example, selling might feel hard because you are unable to confidently discuss pricing. You might struggle to set boundaries with clients, so you overdeliver and undercharge. You may make decisions and take action out of urgency and fear, resulting in burnout. Marketing may feel overwhelming, so you find it hard to keep showing up or you avoid it altogether. Further, managing and spending money may activate you, and being in business and making money generally don't feel safe.

“When your nervous system is in dysregulation (fight-or-flight mode), your ability to lead your business efficiently, connect with clients, and make clear decisions is compromised. You're constantly operating from a place of survival, not thriving.”

In my own business, I've learned that regulating my nervous system is just as important as having a good strategy, structure, and systems. It's foundational. Without a regulated nervous system, you can't show up with clarity, conviction, courage, or confidence. You'll always feel like you're either doing too much or not enough. You'll never feel safe or secure enough, no matter how hard you work and how much you accomplish. And you'll never experience true peace or fulfillment.

I've intentionally healed and reprogrammed my nervous system from being in a regular state of fight or flight to being grounded, centered, regulated, and resourced. I've built daily practices into my day that help me stay regulated, like connecting with God, mindfulness practices, simple movement, breathing exercises, learning how to feel safe in my body, walking in nature, and somatic practices.



I have learned how to expand my capacity to feel safe in my body no matter my circumstances, and I've learned how to soften and open to receive the flow of abundance of wisdom and resources that are available to me. I price and sell my services in a way that feels good for my body, not just my bank account. I have learned to stay grounded, centered, and confident in the face of other people's reactions to conflict, hard conversations, and money – knowing the value I offer.

Sales and marketing are all approached from a calm, centered place within too, and I've learned how to do them more easefully, joyfully, and in an aligned and purposeful way. Further, I have a support network of safe people in my community that I call upon when I get dysregulated – friends, mastermind group, other business owners, my coach, mentors, etc.

Regulated = Resourced

When your nervous system is regulated, you are resourced. You show up more powerfully and confidently – and more consistently. Hard things feel easier, resistance becomes flow, and your impact and enjoyment deepen because you're no longer operating from fear, urgency, or survival.

When I work with clients, we absolutely focus on transforming mindsets.

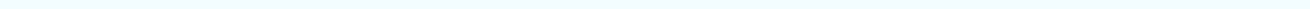
- We create and implement effective strategies, structure, and systems.
- We elevate their leadership.
- We address every aspect of themselves and their business that will empower them to achieve their goals.
- We also help them learn how to live and lead with a regulated and resourced nervous system.

This allows them to transition from feeling stuck and in the struggle to *thriving and soaring!*



There is yet another important aspect of healing nervous system dysregulation. It requires reprogramming through body (somatic) practices. Our body needs to learn how to feel safe, and it's our job to teach it.

Here are 6 Effective Somatic Practices To Regulate and Heal Your Nervous System.



6 Effective Somatic Practices To Regulate and Heal Your Nervous System:



1 Back Body Practice



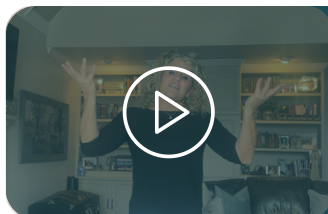
2 Heart Opening/Hip Circles



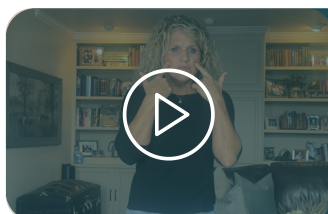
3 Tensing and Releasing
Tensing and Relaxing



4 Shapeshifting



5 Shaking



6 Regulating Movement

Connie Jones
COACHING

Holistic Coaching
For a whole *you*
and a *thriving business*

BOOK DISCOVERY CALL

