

THE LIGHT YOU CAST™ | Communities of Practice

GUIDE Training REST Practices



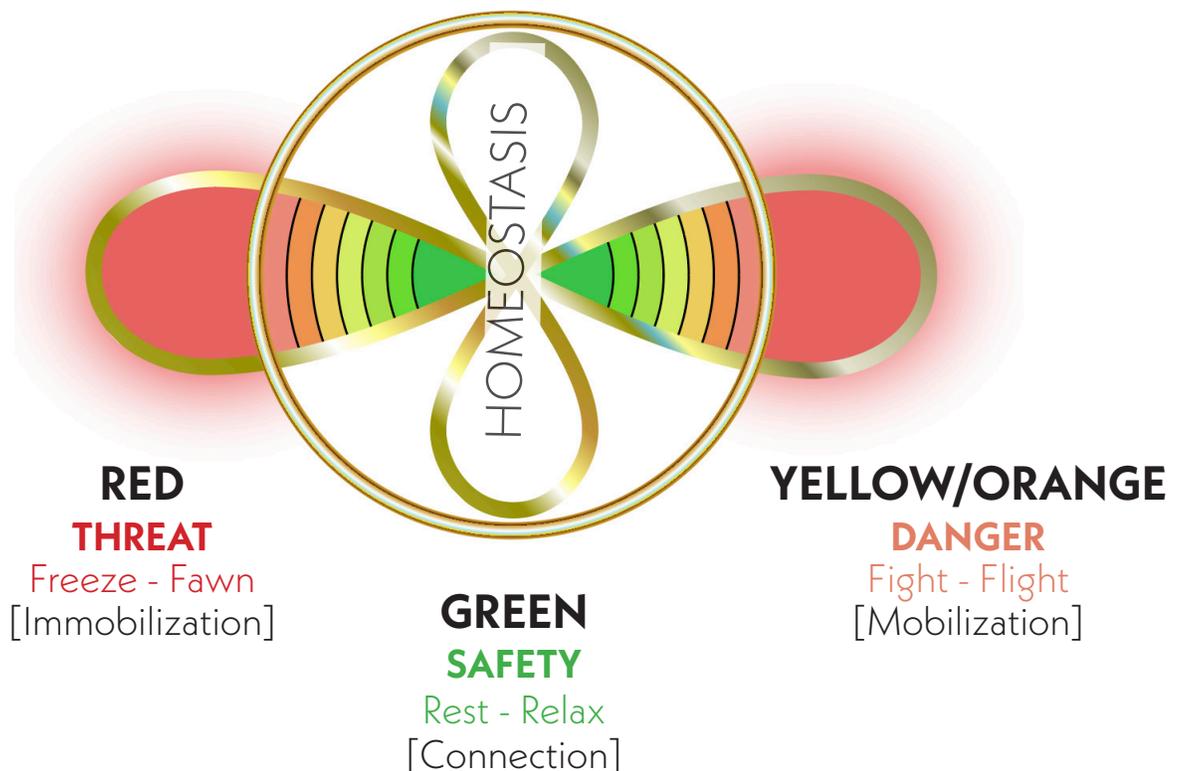
REST | The Nervous System



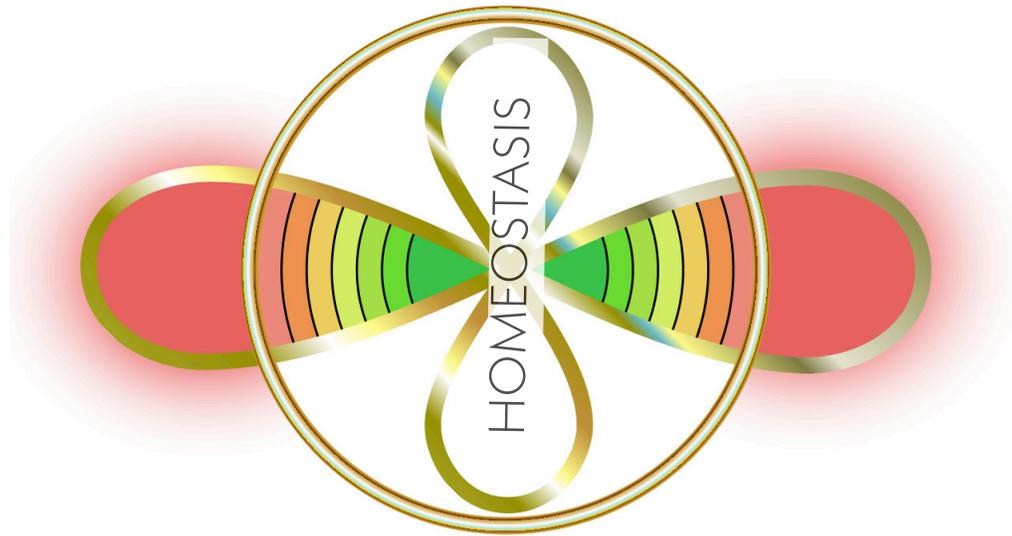
Your nervous system is designed to COMMAND CENTER of the body, and it needs care to work efficiently in response to external and internal stimuli.

- It comprises a complex network of nerves and nerve cells (neurons) that transmit signals back and forth between the brain and body.
- It controls the bodies functions - movement, breathing, thinking, and feeling.
- NEUROCEPTION is the subconscious process of detecting and interpreting cues of safety or danger in the environment, and it involves a complex interaction between sensory inputs, internal states, and past experiences (past trauma and past experiences with safety).
- The **SYMPATHETIC Nervous System (Fight - Flight)** is activated when there is a perceived or real threat to the body's safety; it prepares the body for action.
- The **PARASYMPATHETIC Nervous System (Rest - Relax)** returns the body back to it's natural resting state so it can safely integrate stress and repair itself.
- HOMEOSTASIS is our ideal baseline state, and it is vital for our bodies to properly heal, recuperate, and build resilience. Our nervous system is designed to heat up and cool down -- always with the intent to return to homeostasis for optional healing and health.

NERVOUS SYSTEM ZONES



REST | The Nervous System



RED Freeze - Fawn [Parasympathetic Doral Vagal] **DISCONNECTION**

PHYSICAL
exhausted
tense muscles
headache - achy feeling

COGNITIVE
overwhelmed
foggy thinking
judgmental

EMOTIONAL
numb
hopeless
disassociation

BEHAVIORAL
unable to engage
procrastination
indecisive

SPIRITUAL
"I don't feel myself."
lack of purpose
feeling lost

GREEN Rest- Relax [Parasympathetic Ventral Vagal] **RELAXATION**

PHYSICAL
relaxed
energized
grounded

COGNITIVE
clear seeing
focused
curious

EMOTIONAL
confident
loving
hopeful

BEHAVIORAL
open - approachable
action oriented
compassionate

SPIRITUAL
"I am confident."
intuitive
secure

YELLOW/ORANGE Fight - Flight [Sympathetic] **ACTIVATION**

PHYSICAL
tired
restless
agitated

COGNITIVE
anxious
worry
rumination

EMOTIONAL
afraid
irritated
angry

BEHAVIORAL
resistant
rigid
aggressive

SPIRITUAL
"I don't care."
lack of motivation
impaired intuition and
insight





Somatic means “relating to the body.” Somatic movements are used to gently regulate the body’s nervous system back into the **SAFETY - CONNECTION** zone of HOMEOSTASIS.



1 | RE-ENGAGE BODY

- reconnect with the body
- get energy flowing
- re-establish the mind/body connection

2 | REGULATE the NERVOUS SYSTEM

- shift nervous system out of Freeze -Fawn or Fight-Flight back into FLOW
- restore homeostasis
- relax, rest, and digest

3 | RELEASE TENSION

- move energy throughout the relaxed body
- release stuck/unprocessed energy and stress
- stretch and soften tense muscles

4 | RE-FINE / RE-PATTERN

- learn to associate movement with SAFETY
- train the body to move gently and relaxed -- especially through stressed states
- train increased resilience - regulate back to SAFETY state more quickly and efficiently





5 | SCAN

- progressive muscle relaxation as attention is moved throughout the body

4 | ORIENT

- turn neck
- look around the space to notice what one can notice
- neurovascular hold

3 | STRETCH & TWIST

- raise up arms - stretch - side-bends
- twist the spine (seated or standing)
- forward fold (seated or standing)
- cross-body stretch
- hug (squeeze and release)

2 | BREATHE

- belly breath
- square breath (4 in, 4 hold, 4 out, 4 hold)
- lion's breath (exhaling forcefully)
- breathe and tap

1 | GROUND

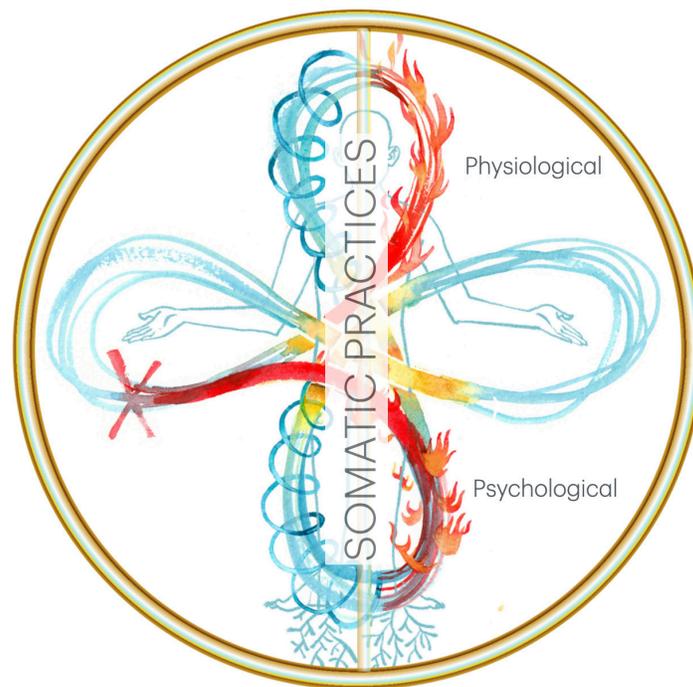
- sway
- tap
- shake
- hug and hold (tense and release)
- tree pose (balance)



Science Behind Somatic Practices



- Focus on the mind-body connection that help one to become aware of and process physical sensations in the body that are connected to emotional experiences -- especially traumatic or highly stressful ones -- so to intentionally release stored tension that is trapped in the nervous system.
- Help one get in-tune with the body, train INTEROCEPTION (inner-awareness and release built-up stress, tension, and emotions).
- Train the nervous system to be FLEXIBLE by strengthening it's capacity to be responsive (vs. reactive) by disrupting the reaction cycle and strategically re-training regulation under distress.



PHYSICAL Benefits

- Release stored tension
- Reduce chronic pain
- Increase flexibility
- Improve muscle relaxation
- Improve sleep
- Release trauma stuck in the nervous system and connective tissue

COGNITIVE Benefits

- Reduce anxiety and rumination
- Improve cognitive clarity and flexibility
- Increase positive perspective taking
- Increase positive cognitive-behavioral patterning and positive thinking patterns

EMOTIONAL Benefits

- Improve mood
- Reduce negative emotional reactions
- Increase emotional intelligence
- Improve emotional regulation and resilience

SPIRITUAL Benefits

- Increase
- Self-Awareness
- Self-Knowledge
- Self-Efficacy
- Self-Confidence
- Self-Trust
- Self-Actualization



REST Practices



BREATH Practices

- **BELLY BREATH** | Close your mouth and take a slow, deep breath in through your nose. When you breathe in, you want your belly to fill with air and get bigger like a balloon. Blow all of the air out slowly and gently through pursed lips as if you were blowing bubbles.
- **4-7-8 BREATHING** | Inhale for 4 seconds, hold the breath for 7 seconds, and exhale for 8 seconds.
- **SQUARE BREATHING** |
 - Begin by slowly exhaling all of your air out.
 - Then, gently inhale through your nose to a slow count of 4.
 - Hold at the top of the breath for a count of 4.
 - Then gently exhale through your mouth for a count of 4.
 - At the bottom of the breath, pause and hold for the count of 4.

BODY SCAN | The body scan is a meditation where you examine your body and its physical sensations in a systematic way, part by part.

Getting Started

- To get started, find a comfortable place to sit and close your eyes. This will help calm your mind and get you ready to begin the body scan.

The Head

- Put your attention on the very top of your head. Feel any sensation that might be there, no matter how minute. Slowly move your attention from the very tip of your head, down your scalp, until you're just above your eyebrows. Do this very slowly and observe any and all physical sensations as you're scanning. Spend about one minute here.

The Face

- Next, bring your attention to the face. Start from the top down. Direct attention to notice the eyes, nose, lips, and chin. Spend about one minute feeling sensations on your face.

The Neck and Shoulders

- Now move your attention to the back of your head. Start from the bottom of your scalp, move down your neck, all the way to your shoulders. Explore any sensations, tensions, feelings of hotness or coldness, or just anything that moves into your awareness,

The Body

- Scan the front of your body and the back of your body separately. Start from your shoulders and move all the way down your torso in about 1 minute. Then start again from your back and move all the way from your shoulders to your pelvis, again taking about one minute.

The Whole Body at Once

- Finally, let your attention drape over your entire body. Notice any physical sensations or emotions that arise. Spend about one minute here.

NEUROVASULCAR HOLD | Neurovascular Hold works directly with the blood flow to the brain.

- Touching the neurovascular points seems to suspend the stress reaction by preventing the blood from leaving the forebrain. By interrupting a key component of the fight-or-flight response, the Neurovascular Hold allows us to think more clearly and cope more effectively with stress.
 - Place the palm of one hand on your forehead and the palm of the other hand on the back of your head.
 - Hold softly for up to three minutes, breathing deeply.
 - On the inhalation, raise your head up. On the exhalation tuck your chin to your chest.

