

Regulating the Nervous System

Practical tools for safety, presence, and emotional balance

Quick recap

The meeting focused on self-regulation techniques and emotional management, led by Annie who shared her expertise on calming the nervous system and creating safety within the body. Participants discussed various tools for regulation, including breathing exercises, movement, physical touch, and mindfulness practices, with Eric emphasizing the importance of consistent microdoses of regulation through mindfulness apps. Annie demonstrated a process for working with feelings, guiding Sarah-Jane through a technique that involved identifying, releasing, and interviewing the physical sensation of fear. The session concluded with participants practicing these techniques in small groups, aiming to support each other in becoming more present with their nervous systems.

Summary

Self-Regulation Techniques in Coaching

Annie led a discussion on self-regulation and its importance in coaching and personal development. She explained how babies learn to soothe themselves through connection with caregivers and how this skill is crucial for emotional regulation throughout life. Annie shared various techniques for self-regulation, including breathing exercises, movement, meditation, and sensory awareness, emphasizing that coaching clients and oneself requires a calm nervous system. She encouraged participants to explore different regulation tools and highlighted the transformative impact of self-regulation in relationships and personal growth.

Personalized Emotional Regulation Techniques

The group discussed various techniques for regulating emotions and managing stress, including havening, physical touch, and affirmations. Annie emphasized the importance of congruence between words and physical sensations, warning against giving conflicting messages that could create a double bind. Natalie shared her practice of unmeshing, or distinguishing between her own feelings and those absorbed from others. James mentioned using breathing techniques and exploring havening further. The discussion highlighted the individual nature of emotional regulation practices and encouraged participants to create personalized techniques that work for them.

Body-Focused Techniques for Emotional Regulation

The group discussed various techniques for managing negative thoughts and emotions, including meditation, physical activities like walking and bilateral stimulation, and somatic practices such as lying with the head off the bed. Annie emphasized the importance of focusing on bodily sensations rather than cognitive thinking when dealing with emotions. Quillan shared personal tools for self-soothing, including rocking movements and eye movements, while Annie highlighted the common thread of body-focused techniques in calming the mind. The conversation also touched on the social aspect of sharing distress, with Annie encouraging awareness of the emotional cost to others when venting frustrations.

IFS and Mindfulness Practices

Pamela shared her personal experience using Internal Family Systems (IFS) to manage stress and conflict with her daughter, highlighting how shifting her internal state led to a successful resolution. Annie discussed the concept of changing one's vibe to influence the emotional field, even with distant individuals, and Eric explained the neuroscience behind mindfulness practices, emphasizing the role of the salience network in regulating psychological distress and burnout. Eric challenged everyone to use a mindfulness clock app for consistent microdoses of mindfulness throughout the day to build regulation capacity. The group agreed to practice regulating and unmeshing their nervous systems, with Annie planning a quick demo and follow-up exercises.

Overcoming Fear of Abundance

Annie guided Sarah-Jane through a process to address her fear about earning money and abundance, using techniques to release and reframe the fear. They explored the physical sensation of fear and used visualization and breathing exercises to reduce its intensity. Annie encouraged Sarah-Jane to embrace her new identity and continue stepping into it to create the abundance she desires. The session concluded with Annie instructing the group to practice similar techniques with each other, though only one group of three was available for support.