

Stress and Anxiety Relief E-book

Nervous System Regulation Guide Part 1

First, let's talk about what causes stress and anxiety – it's essentially our mind creating an illusion of fear for an event or situation that has not yet happened.

Now while we can logically understand that this fear is not really warranted as we have no idea what the future holds for us, our body will respond to the thoughts that is creating the illusion of fear resulting in shortness of breath, body aches and pains, muscle tension, light headedness, and a general feeling of extreme discomfort.

I have suffered from anxiety attacks to the point where I ended up in the hospital twice and had to miss a university exam once. Now, I can proudly tell you that I have not had an anxiety attack for years despite going through some intense traumatic events and major life changes. In fact, I am happy and proud to share with you that my daily practice and routines have allowed me to “ride” the waves as they come. I am confident; after reading this (and the upcoming) e-book and implementing the mentioned practices, you too will surf the waves with ease.

In this guide we will cover immediate methods of anxiety relief, stay tuned for Part 2 for long terms practices so that you are not brought to the point of an anxiety attack ever again.

Let's start with some basic biology.



1.0 Sympathetic Nervous System

When your body is in a state of “rest and digest”, your nervous system is in a parasympathetic response state.

When you are under stress aka “fight or flight” mode, your nervous system is in a sympathetic response state.

Both responses are important for you to function as a human being. I'll tell you why in the section below.

1.1 Parasympathetic and Sympathetic Responses

In the Parasympathetic state, your body's responses are focused on the centre mass and do not extend to our limbs or skin. Which means your heart rate is lower causing blood to be more centrally located allowing for optimal organ function to digest food, you don't need to do as much work for oxygen usage, sex organs are primed for arousal/procreation and lots of oxytocin to keep you feeling good - allowing you to bond with others. (Emberly, 2023)

Now why do we need the sympathetic system? It's an automatic response your body goes into without your conscious effort for self protection and preservation. This state promotes muscle growth and bone density - also this is the state you go into when you are having an orgasm. Fun. (Emberly, 2023)

However, feeling consistently stressed doesn't allow the body to recoup and heal.

This was a basic intro, if you are interested in learning more, check out the chart below that goes into the Polyvagal Theory.

Polyvagal Theory was introduced by Stephen Porges which pertains to the role of the vagus nerve in emotion regulation, building and maintaining social relationships and as well how your body reacts to fear built on evolutionary, neuroscientific, and psychological constructs. (Wikipedia, 2024)

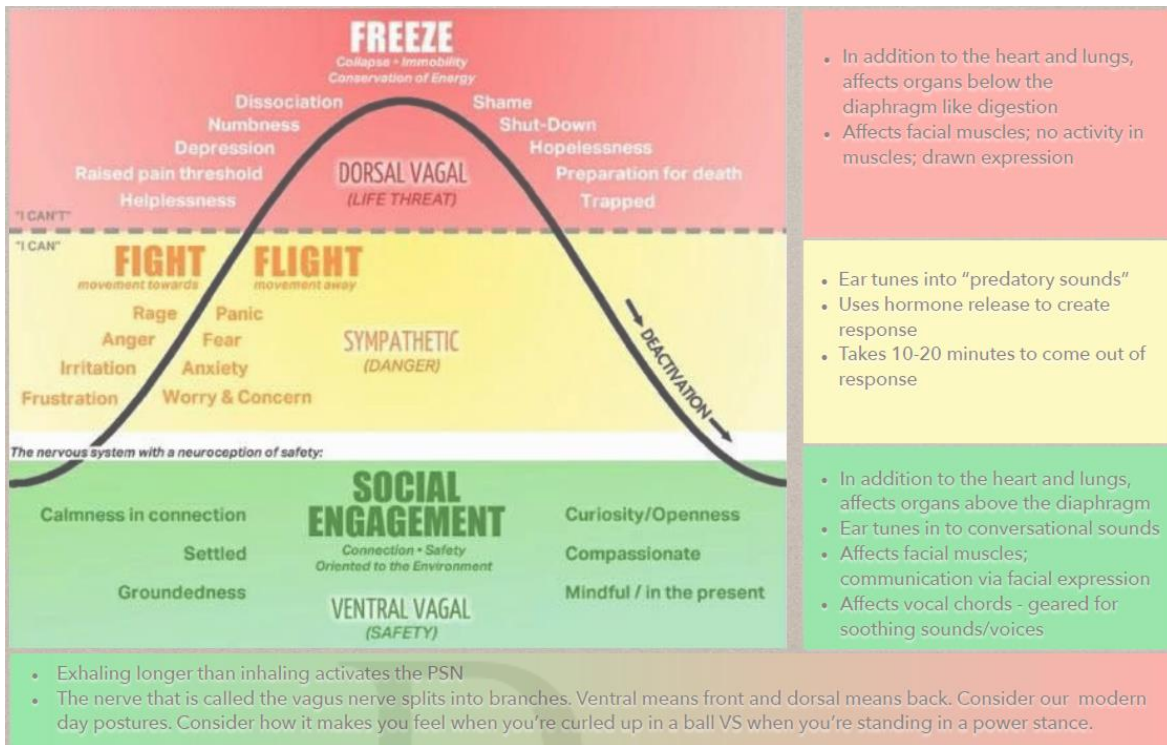


Figure 1. Polyvagal Chart (Emberly, 2023)

R U M M A N A S Y E D A

2. 0 Immediate/Urgent Anxiety and Stress Relief

2.1 Breathing

"Each breath we draw in should take about three seconds, and each breath out should take four."
(James Nestor, *Breath: The New Science of a Lost Art*, 2020)

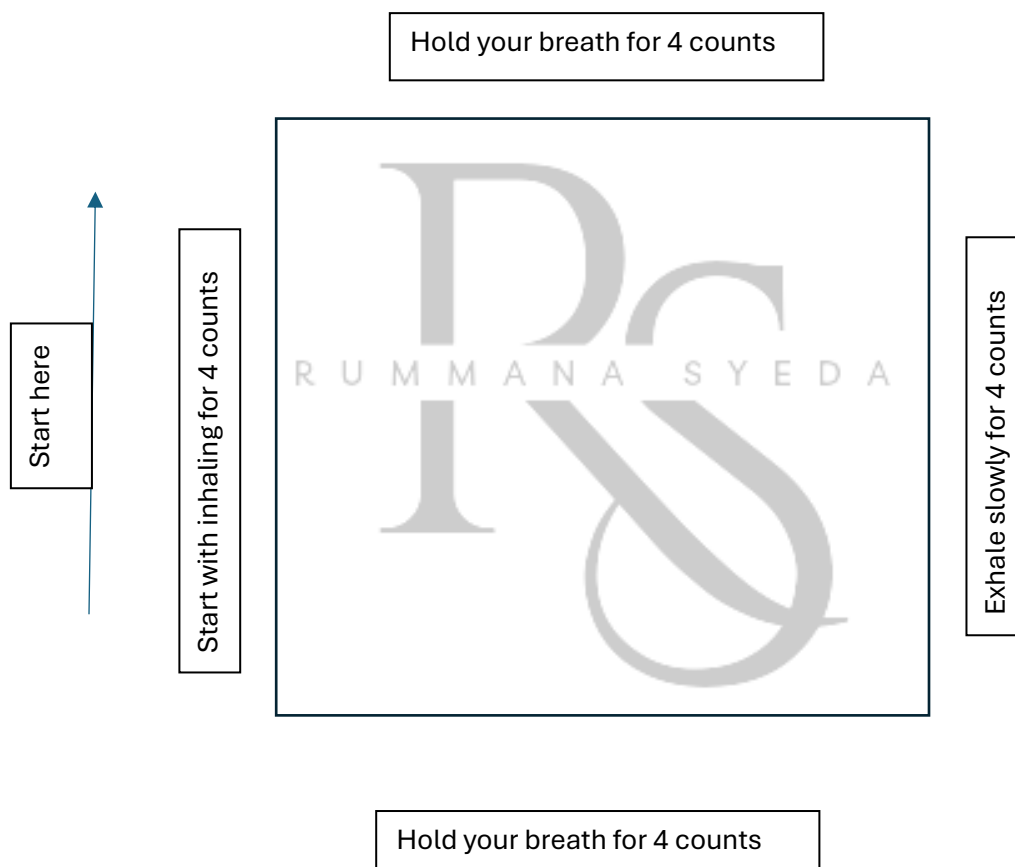
The fastest and easiest way to calm your self down is to breathe through your nose for both your inhales and exhales but keep prolonging your exhales with every breath.

This is the quickest way I get my clients to a state of calm where they are able to connect with their intuition in a deep meditative state – where they often find answers to the questions buried deep within themselves.

2.2 Breathing exercise:

Try this breathing exercise to calm yourself down within minutes, you can do that with your eyes closed or open. While you're doing the dishes, driving, or sitting cross legged. Anytime basically!

This technique is commonly referred to as "Box Breathing", so the steps are outlined with an appropriate diagram



Repeat this exercise for at least 4 rounds and you will feel an instant difference.

You should feel a lot calmer and more grounded. Continue breathing with the same pattern until you get to where you want to be.

2.3 Legs up the Wall Pose or Viparita Karani

Although “wall” is in the name, you can practice Viparita Karani anywhere you can elevate your legs and have them at rest. Legs up on a couch or a bed also works well.

This pose has been claimed to make “grey hairs and wrinkles become inconspicuous” (Hatha Yoga Pradipika, 2022), I cannot guarantee this claim but it’s a great pose to calm your tired mind and bring you back to the present moment.

It also has long term benefits such as reducing migraines, aid with insomnia, regulate blood pressure and overall is known to reduce cortisol levels. (Yogajournal.com, 2024)

Once you get into the pose, you can relax into whatever feels delicious for you; knees bent, feet flexed or a block/blanket at the base of your spine. If you place blankets/pillows under each arm with your hands on your belly, eyes covered, you will feel like you are a light being floating in outer space. One of my favourite poses to relax into after a day of chaos.



2.4 Sound bowls and Solfeggio beats

Research by Kim and Choi states that the beating frequencies of sound bowls permits our brains to access theta brain waves, which facilitates the deepest relaxation state and psychological stability (Kim & Choi, 2023).

Our brains are bombarded with information in the form of music, sound, light, new thoughts, ideas, tasks, emotions, daily. It needs time and space to be able to process all the information it's taking in otherwise it goes into a state of stress and panic. When was the last time you gave your brain the time and space to process everything that was going on around you?

Solfeggio frequencies play a similar role; they use specific tones to trigger healing both in the physical and emotional body. There are records that show the ancient Egyptians used these frequencies to heal and elevate their consciousness. If you experience emotions of guilt, anxiety, and stress and you tune into the frequency of 396 Hertz (Hz), you will experience the blocks to your happiness and productivity being released. Research states 432 Hz slows down the heart rate and 538 Hz can lower cortisol levels in the body (Betttersleep.com, 2024).

You can find these soundtracks for free, just search on Spotify or YouTube.



3.0 Conclusion

The first time a doctor told me I had an anxiety attack after I ended up in the hospital following a dramatic ordeal I was shook – I thought I had guns of steel and can withstand any event. My body disagreed. Our bodies are there to support us and provide for us, so it is imperative we take care of it.

I sincerely hope these techniques discussed serve you in the ways you need. It has helped me tremendously during my divorce, when I was up on the TEDx stage, and in the crux of my healing journey when I had to face my darkest shadows.

I now have a regular practice to ensure I am calm and at peace daily, so I don't come to a point of so much anxiety that I lose that control over my nervous system. These are techniques that I've taught my clients to cope with the day to day stresses of life. A lot of my clients found themselves in a state of freeze where they looked okay from the outside but they were screaming for help from the inside. Stay tuned for Part 2 of this booklet to maintain mind body health for long term stress and anxiety relief, these techniques and methodologies caused significant transformations in my clients – where they were able to hone in on their natural energy to transmute it into tangible successes such as expanding their business, pivoting careers and building stronger and healthier relationships.

If you are looking to develop your intuition, move past fears and limiting beliefs to discover your purpose and to create a new world with healthier and more fulfilling relationships, book a free call to learn about my 1:1 mentorship program.

With love,

Rummana Syeda

Founder, Heal Once More



