



Nervous System Regulation

TIPS TO HELP YOUR MIND AND BODY SETTLE

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HOW TO REDUCE

Stress

14 WAYS TO
STRENGTHEN YOUR
COPING SKILLS

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Welcome!

How you deal with daily stress depends on your coping skills. Experts categorize them in many different ways, but there is one important distinction to keep in mind: Unhealthy coping skills hold you back, while healthy coping skills reduce stress and make it easier to reach your goals.

As a bonus, having constructive new strategies may also make it easier to replace unhealthy coping patterns with healthier habits.

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Healthy habits become easier to maintain when you have positive strategies that support your well-being.

With practice, you can transform the way you deal with challenges.

Start by experimenting with these ideas to see what works best for you.

Certified Holistic Nutritionist,
Health Coach, Mind-Body Eating
Coach

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Healthy Coping Skills

You Can Use Immediately

01

Exercise regularly.

Physical activity is one of the quickest and most effective ways to cope with stress. Visit your local gym or yoga studio. For extra relief, work out in green spaces outdoors or invite a friend to join you.

02

Express your creativity.

Making art is another way to relax and heal. You might be drawn to writing poetry or arranging flowers.

03

Expand your options.

Stress can make it difficult to think clearly. If you feel stuck, reexamine your choices. You'll probably discover new opportunities.

04

Keep it simple.

While it's beneficial to understand the root causes of your behavior, you may need to take a break sometimes. Lower your expectations if you're wasting too much energy on an insignificant issue.

05

Start a journal.

Writing about your experiences may be therapeutic. A journal can help you spot your triggers and create plans for dealing with them.

06

Limit your screen time.

Do you feel less happy after you watch unpleasant news stories or compare yourself to others on social media? Be more selective about your use of technology.

07

Seek distraction.

While avoiding your troubles can backfire, it may be okay to shift your attention until you're ready to attempt a solution. Be sure to distract yourself with something harmless like soft music rather than alcohol.

Healthy Coping Skills

You Can Develop

01

Live mindfully.

Meditation and other mindfulness practices will strengthen your coping skills. You'll find it easier to focus on the present moment and remain calm.

02

Focus on growth.

Difficult situations are easier to accept when you look on the bright side. Setbacks can teach you important lessons about yourself and what you really want out of life. It may also help to reframe events so you can focus on solutions rather than dwelling on disappointments.

03

Evaluate risks.

Unhealthy coping skills often provide temporary relief at the expense of your long-term wellbeing. Try slowing down and thinking through the consequences of your choices

04

Stay connected.

Having family and friends you can count on makes you more resilient. Cultivate mutually supportive relationships so you can talk about sensitive issues and receive the help you need.

05

Embrace change.

It's easier to adapt when you believe that change is natural and inevitable. Start with small exercises and work your way up.

06

Follow routines.

At the same time, you can give yourself a greater sense of security by being organized. Establishing daily routines increases your efficiency so you have more leeway for dealing with unexpected circumstances.

07

Healthy change is possible.

Your coping skills are shaped by life experiences, but positive change is always possible. With the right guidance and practical strategies, you can create healthier habits that support overall well-being. Ready for change? Nutrition and wellness support can help.

While you may be unable to avoid difficult situations, you can choose how you react to them. Develop your own individual set of coping skills that will make your life more peaceful and rewarding.



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12
BEDTIME
RITUALS FOR
**BETTER
SLEEP**

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SLEEP: A WINDOW INTO NERVOUS SYSTEM HEALTH

Is Your Nervous System Affecting Your Sleep?

Do any of these sound familiar?

- ☐ You feel tired throughout the day but become more alert once your head hits the pillow.
- ☐ Your mind replays conversations, worries, or tomorrow's to-do list at bedtime.
- ☐ You wake during the night and struggle to fall back asleep.
- ☐ You feel exhausted despite getting enough hours of sleep.
- ☐ You often feel "wired but tired."
- ☐ You experience stress, tension, digestive discomfort, or overwhelm that seems to follow you into the evening.
- ☐ You rely on caffeine, sugar, or willpower to get through the day.

If you checked several of these boxes, your nervous system may be asking for support.

Understanding the Connection

Sleep is one of the body's most powerful opportunities for repair, recovery, and restoration. When the nervous system remains in a heightened state of stress, it can be difficult to fully unwind, relax, and experience restorative sleep.

Rather than focusing on sleep alone, supporting nervous system regulation may help create the conditions needed for better rest, improved resilience, balanced energy, and overall well-being.

Within this guide, you'll discover simple practices that may help calm the nervous system, reduce stress, create supportive bedtime rituals, and promote a greater sense of balance throughout the day and evening.

A Gentle Reminder

Progress does not require perfection. Small, consistent practices can have a meaningful impact over time. Choose one or two strategies that resonate with you and begin where you are.

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Disclaimer: This guide is for educational purposes only. This is not a substitute for personalized medical advice. Consult your health care provider before making changes to your routine.

Bedtime Rituals

FOR YOUR BODY

01

Turn down the lights.

Exposure to light causes your body to produce hormones that increase alertness, while darkness does the opposite. Turn off the TV and computer screens at least an hour before bedtime, and draw the shades.

02

Slow down.

Many people find that exercising late in the day disrupts their sleep. Devote your evenings to gentler activities, such as knitting or reading to your kids.

03

Have a snack or treat.

Certain foods and beverages promote sleep. Eat a light snack with protein & healthy carbohydrates, eg. unsweetened whole grain cereal with milk. Treat yourself to a cup of chamomile tea. Avoid caffeine and alcohol close to bedtime.

04

Apply a fragrance.

Lavender is an age old remedy for insomnia. Keep a lavender plant on your nightstand. Sprinkle a few drops of lavender oil on a cotton ball and slip it inside your pillowcase. Vanilla has similar effects.

05

Give yourself a massage.

Indulge in a self massage. Use one foot to rub the other. Soak your hands in warm water. Gently rub each finger from the base to the tip. Move your thumb in circles on the palm of the opposite hand.

06

Warm up.

Raising your body temperature induces drowsiness. Take a hot bubble bath or slip underneath a heavy blanket.

07

Get into position.

Sleep positions can work for or against you. If lying on your stomach is causing back troubles, place yourself on your back as soon as you get into bed. It will gradually become automatic.

08

Block out noise.

Intrusive noises are everywhere, from car alarms in the city to crickets in the country. Turn on a fan or listen to a white noise machine to help you block out the noise.

Bedtime Rituals

FOR YOUR MIND

01

Suspend daily concerns.

What if you get to bed on time, but lie awake worrying about your credit card bills or tomorrow's meeting at work? Resolve to let go of distractions so you can sleep better.

02

Meditate or pray.

Meditation and prayer may be just what you need to guide your mind towards sleep. Relax and focus on calming thoughts.

03

Engage in monotony.

For some people, boredom is the preferred solution. Before getting into bed, organize your sock drawer or read through the manual that came with your car. If you're still feeling wired, count sheep or recite multiplication tables to yourself.

04

Play a lullaby.

Music is so effective at putting babies to sleep that there's a whole category of songs for this purpose. Music is an approach you can still use when you get older. You might like Mozart or soft jazz.

Good quality sleep protects your mental and physical health and enables you to enjoy life. Rely on bedtime rituals that will help you doze off faster and stay asleep all night long.

Wellness Resource Enhancements



Optional ways to support relaxation, mindfulness, and nervous system restoration.

The practices shared throughout this guide form the foundation of nervous system regulation. These additional resources may help create an environment that supports greater calm, balance, and well-being.



GROUNDING & RESTORATION

Warm Epsom Salt Foot Soak

A warm foot soak signals to the body that it is time to slow down and unwind. The warmth helps ease physical tension while encouraging a sense of calm and relaxation. Epsom salt and a few drops of essential oil can transform this simple ritual into a restorative self-care experience that supports rest and nervous system balance.

HOW TO PREPARE

1. Place a towel under your basin to catch any overflow. Keep a second towel nearby for drying your feet afterward.
2. Fill a foot basin with comfortably warm water — enough to reach just above the ankles.
3. Add ½ cup of Epsom salt to the water and stir until dissolved.
4. For the essential oil: in a small bowl, mix 5–8 drops of your chosen essential oil into a small amount of the dry Epsom salt first. The salt acts as a carrier, dispersing the oil evenly so it doesn't sit in concentrated spots on the skin. Then add the salt-and-oil mixture to the basin and stir.
5. Soak for 15–20 minutes.
6. Remove your feet, dry them thoroughly with the second towel, and moisturize if desired.

OPTIONAL ENHANCEMENTS

- Lavender essential oil
- Cedarwood essential oil
- Wholetones relaxation music
- A calming herbal tea

RESOURCES

- [Doterra](#) essential oils or your favorite essential oil brand
- Relaxing music or [Wholetones](#) instrumental music tuned to specific Solfeggio frequencies

A simple ritual can become a restorative self-care experience that supports rest, calm, and nervous system balance.

A NOTE ON SAFETY

This practice is generally safe for most people. However, consult your healthcare provider before using Epsom salt soaks if you have diabetes, kidney disease, heart conditions, open sores or wounds on your feet, or are taking medications that affect magnesium levels (such as certain blood pressure medications, diuretics, or heart medications). If you experience any skin irritation, redness, or discomfort, discontinue use.

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Herbal Tea Support



Through the Lens of TCM

Traditional Chinese Medicine recognizes the connection between the body, mind, and emotions. The teas below are organized according to the Five Element framework and their traditional roles in supporting balance, relaxation, resilience, and overall wellness. Choose the section that best reflects the support you are seeking.



METAL (LUNG)

REDUCE STRESS

Holding On • Inability to Release •
Shallow Breathing • Tight Chest •
Difficulty Letting Go

Supportive teas:

*Spearmint, astragalus, reishi, tulsi,
linden, lemon balm, ginger, licorice*



FIRE (HEART)

IMPROVED SLEEP

Racing Mind • Restlessness • Inability
to Wind Down • Emotional Overload
• Can't Switch Off

Supportive teas:

*Linden Flower, hawthorn, lemon balm,
passionflower, lavender, chamomile,
tulsi*



EARTH

(SPLEEN/STOMACH)

STRENGTHEN COPING

Overthinking • Worry • Digestive
Discomfort • Mental Fatigue •
Feeling Ungrounded

Supportive teas:

*Lemongrass, licorice, ginger, fennel,
cinnamon, astragalus, licorice root,
ginger*



WATER

(KIDNEY)

FOUNDATION / RESILIENCE

Depleted • No Resilience • Feeling
Drained • Lack of Foundation •
Inability to Recover

Supportive teas:

*Tulsi, reishi, cinnamon, ginger,
ashwagandha, maca, star anise,
clove.*

DISCLAIMER

This information is for educational purposes only and is not intended to diagnose, treat, cure, or prevent any disease. Herbal teas and wellness resources are intended to complement, not replace, medical care or professional guidance. Consult a qualified healthcare practitioner regarding individual health needs.



READY FOR THE *Next Step?*

If you'd like help applying these tools to your daily life, you're welcome to reach out for a complimentary 15-minute clarity call. We'll explore your goals together and talk through the direction that makes the most sense for you.

During our call, we'll figure out together which path fits best:

- **Foundational Start** — A personalized one-to-one private program with four focused sessions designed to start your journey with clarity, confidence, and a strong foundation.
- **Gut Health Reset** — A twelve-week group program that helps you calm your gut, reduce inflammation, uncover food triggers, and restore your energy with clear guidance and a supportive community.
- **Radiant Woman Journey** — A guided twelve-week group program designed to help you reconnect with your body and rebuild your energy by treating your hormones, habits, and happiness as one integrated system rather than three separate struggles.

You don't have to figure this out on your own. Let's talk through what fits your goals, your pace, and the kind of support you want.

BOOK YOUR CLARITY CALL