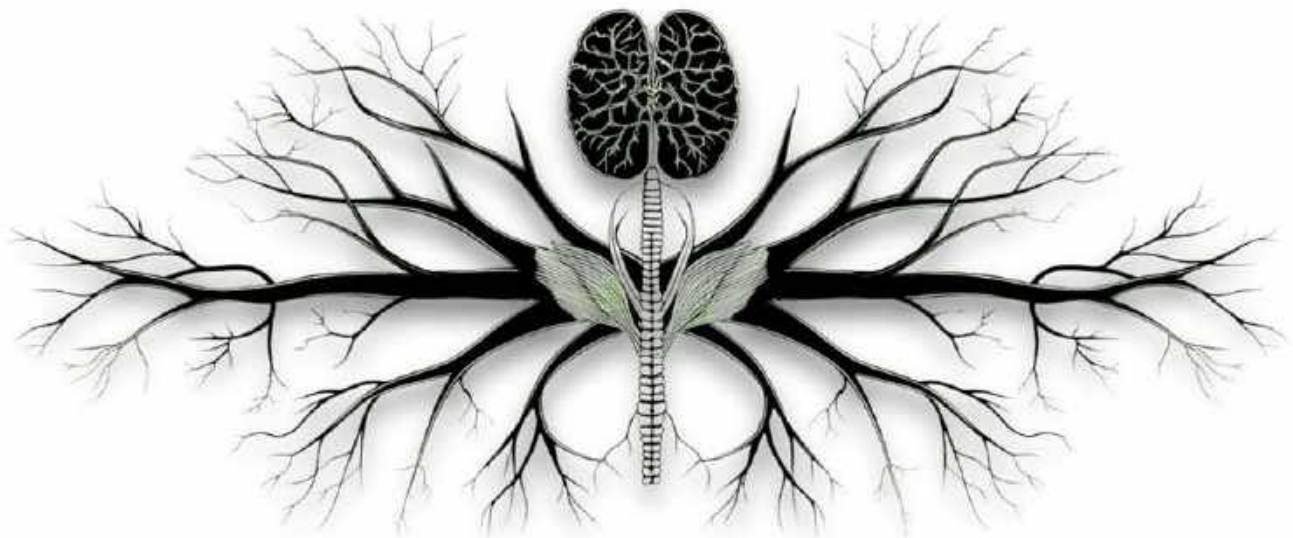


SARA GOMEZ HEALING

21-Day Nervous System Regulation Workbook



SARAGOMEZHEALING.COM

Disclaimer

While this workbook will equip you with useful tools to interrupt & change your stress response patterns and regulate your nervous system, it is not counseling. This workbook could be an excellent supplement to counseling, but not a replacement for individualized treatment. If you are in crisis, in a dangerous situation, or if you'd like to benefit from a healing relationship with someone who can give you individualized advice and their perspective - I encourage you to find a therapist/counselor with whom you can work on those needs. You can book a complimentary consultation with me on my website.

The information provided by Sara Gomez is solely intended for informational and entertainment purposes and is not a substitute for advice, diagnosis, or treatment regarding medical or mental health conditions. Always consult your doctor or mental health professional before trying the exercises in this workbook. While they are generally safe and helpful, all change comes with some risk. These exercises are intended to regulate your nervous system, but they may cause discomfort, or for some people, emotional distress, dissociation, or bring back painful memories. This is more likely if you have a history of trauma. Work with your personal providers to learn what is best for you.

This workbook is intended for adults 18 years and up. If you do not understand or agree with these terms please do not continue with the workbook.

Week 1

Grounding & Awareness

Grounding and awareness exercises help you to stay connected to the present moment and reduce anxiety, stress, or dissociation. They promote mindfulness by focusing attention on your body and surroundings, which helps calm overwhelming emotions and enhances emotional regulation.

Day 1: Diaphragmatic Breathing

Day 2: Grounding Through the Senses

Day 3: Progressive Muscle Relaxation (Tension & Release)

Day 4: Pelvic Rocking

Day 5: Cold Exposure

Day 6: Body Scan

Day 7: Reflection on Week 1

Week 2

Self-Regulation Tools

These self-regulation tools are designed to help individuals manage stress, anxiety, or overwhelming emotions by encouraging the nervous system to return to a more regulated, balanced state and promoting mental and emotional calm. They are effective tools to use in any moment you feel dysregulated (hyper or hypo-arousal) to help bring you back into balance. Before attempting them in a dysregulated state, however, practice them when you are relatively calm so you learn to use them affectively.

Day 8: Vagal Toning (VU breath)

Day 9: Psychological Sigh

Day 10: Shake It Out

Day 11: Bilateral Stimulation (Butterfly Hug)

Day 12: Emotional Freedom Technique (EFT) Tapping

Day 13: Wood Chopper

Day 14: Reflection on Week 2

Week 3

Mind-Body Integration

Mind-body integration practices are designed to create a harmonious connection between mental awareness and physical sensations, fostering a deeper sense of presence, coherence, and overall well-being. These exercises enhance body awareness, improve emotional regulation, and cultivate a sense of balance.

Day 15: Gratitude Practice

Day 16: Self-Compassion Practice

Day 17: Body-Emotion Mapping

Day 18: Mirror Work

Day 19: Walking Meditation

Day 20: Pendulation (Distress Tolerance Practice)

Day 21: Final Reflection

By practicing these exercises and reflecting on your experiences daily, you have taken important steps toward improving nervous system regulation. The key to lasting change is consistency and self-compassion. Keep these tools close as you continue your journey to greater emotional and physiological balance.

If you would like personal support to deepen your healing journey book a [complimentary consultation](#) with Sara Gomez.

