



RETURN TO YOUR BODY: A 31-DAY NERVOUS SYSTEM RESET

NEW YEAR, SAME BODY,
DEEPER CONNECTION



Your gift from Naomi

Welcome

At a Chiropractic conference at the end of last year, an amazing speaker presented on the pandemic. Nothing to do with Covid, but actually how as a herd species (which we are as humans), living with the threat of another member of the herd potentially killing you, activated a deep biological state of panic in all of us. That along with the rules, restrictions and stresses of time that went on and on for years, we have a huge amount of shared healing to do.

When we live in this deeply stressed state, we become disconnected from ourselves emotionally and biologically. Biology is what drives our behaviour, and when our threat system is activated, it colours every choice and every action we take. This journal is intended to help you begin this healing process for yourself, so you can learn to hear the signals from your body, and to trust it again.

There's no right or wrong way to use this gift. I hope you will write in it daily, or take the time to reflect on the questions and try the daily exercise. The key to success is curiosity, not perfection. It might take you a few months to complete the 31 days and that's OK! Perhaps noticing how difficult it is to make time for your own needs, is what you need to realise right now. Just dig in with an open mind, leave what doesn't serve you, and enjoy!

My intention for this journal is to empower you. By becoming more aware of your body's inner signals, science shows you will lead a longer and happier life. That's what I want for you and this felt like the most useful gift I could create for you. I hope it's impactful for months and many years to come.

With love,
Naomi xx

How to use this journal

This journal has been created to help you put 5-10 minutes a day to focus on your nervous system, your body and give you daily tools to create meaningful, lasting change in your life. Read the quote and reflection each day and try the suggested nervous-system practice. Jot down sensations, words, or images that come up without censoring, or pressure.

End each week with your weekly reflection and keep going!

Body Connection Scale:
How connected do I feel to my body right now? (1-10)
What does "calm" feel like to me?
What are three ways my body tries to get my attention?

This is the first exercise to begin with, make a note of your results and we will compare them after the 31 days are complete.

Week 1: Awakening Awareness

This week is about awareness, noticing sensations, breath, and tension. Becoming fluent in the language of your body begins with curiosity, not control.

You will also develop the habit of taking time to reflect and write daily which is an important step towards re-wiring your nervous system into ease and healing.



Week 2: Regulation & Calm

This week is about finding calm, learning your cues of stress and safety, and practising ways to come back to balance.

The real gains from this process come from small, daily practices which allows your nervous system to get used to switching out of stress and into a calm, regulated state. The more often you do it, the easier it becomes.



Week 3: Alignment & Movement

Alignment is more than posture, it's your inner state becoming reflected in your physical body.

This week, we explore how we carry ourselves and how alignment (physically, emotionally, spiritually) shapes our energy and our health.



Week 4: Integrating & Living the change

This week gathers all you've learned into daily life so you can enjoy positive, consistent, gentle change in the months ahead.

Here we explore gratitude, joy, and the ongoing practice of listening to your body to create the highest quality of life and health possible. When you truly trust your body, life becomes a conversation, not a battle!

01
Day 1

Date: _____

What does "healing" mean to me?

What is my body telling me today?

Daily practice:

Place one hand on your heart, one on your abdomen. Breathe and simply notice movement beneath your hands.

Your breath is the quickest way to access and calm your nervous system. You can use this several times a day, whenever you need to.

What signals does my body give me when I'm doing too much?

How does my body usually feel, and how do I want it to feel?

Daily practice:

Close your eyes and notice what sensations come first, your heartbeat, breath, tingling, pulsing, or something else? Make some notes.

Beginning to become aware of the sensations in your body is the first step to learning the art of listening to your body, and hearing its signals.

“Your body speaks long before it breaks. Learning to listen is the first step toward healing.”

03

Date: _____

How do I breathe when I feel safe?

How do I breathe when I feel hurried?

Daily practice:

Try square breathing: breathe in to the count of 4, hold for 4, out for 4, hold for 4, in again. Try 2 minutes.

This is a classic exercise which works to release chemicals in your brain to calm and regulate your system.

“Deep breathing is the love language of your nervous system and your body’s first language of presence.”

Where in my body feels most alive today?

What happens in my body when I simply pause and notice without judging?

Daily practice:

Make the intention to tune into your body throughout the day, noticing what feelings, sensations and emotions you identify each time

This is the true start of your practice where you make tuning into your body a regular habit. It will feel strange at first but stick with it.

**“Interoception is the quiet superpower of healing.
The more you feel, the faster you recover.”**

05
Day 5

Date: _____

What happens inside me when I become still?

When I create time for myself, what feelings, emotions or judgements come up?

Daily practice:

Set a timer for 10 minutes. Allow yourself to sit and simply “be” until the time runs out. Notice any judgements or discomfort.

This is the most common 'homework' I set people who are stressed, busy and overwhelmed. It's also where I started when I was in burnout.

“Stillness is not nothingness; it’s where your inner truth becomes audible.”

06

Date: _____

When I tune into my body right now, where am I holding tension?

Am I aware of this tension through my day, or have I made it normal?

Daily practice:

Relax your jaw, drop your shoulders and sigh. Repeat x3. See how far you can let your shoulders drop and keep releasing tension with your breath.

Most of us have tension patterns in the body we are completely unaware of. Today is about bringing awareness so we can soften these areas.

“Tension is the story your body tells when it’s been holding on for too long.”

Completion of week 1 reflection

What patterns or sensations did I notice this week?

What surprised me about how I feel?

What helped me feel more grounded?

Note from Naomi:

Well done for making it to the end of week 1! I know life is busy, and there will have been times when this was the *LAST* thing you wanted to do, or were able to make time for. But making time for yourself, the *BEST* way you can honour the people you love, including yourself. Keep going, the results will be worth it!



08

Day 8

Date:

Where do I feel most safe — and how can I create more of that?

How do I breathe when I feel hurried?

Daily practice:

Wrap your arms around yourself, take three deep breaths, and gently sway side to side. Experiment with pressure to see what feels good.

This is a powerful physical action of creating safety in your body. Notice if any emotions or memories arise as you do it.

“When a body feels safe, it doesn’t just move, it hums like electricity finding its circuit.”

What helps me come back to myself when life feels too much?

Where in my body do I feel calm right now?

Daily practice:

In bare feet, stand firmly and take 5 slow, deep breaths, focussing on where your feet connect with the ground. Go outside if you dare!

Grounding has great basis in science and you can use it anywhere to help yourself feel calmer and more confident.

“Safety is not a thought; it’s a felt sense that allows the body to soften and heal.”

10 Day 10

Date: _____

What helps me to feel relaxed in my body?

What is something I used to do that made me feel great that I want to return to?

Daily practice:

Vibration is very soothing to your system. Try humming in a low tone or sighing out loud as you breathe out. This calms the vagus nerve.

Even if you feel silly doing this, give it a try! You are tapping into some powerful physiological wiring in your body.

“The nervous system can’t be pushed or forced into calm; it must be invited.”

When my stress is triggered, what does it feel and look like in my body?

How easily or not, have I moved into mental and physical stress today?

Daily practice:

Choose a negative self belief that heightens your stress. Take time to sit with these words and reflect on where they came from. Are they even true?

When we hold beliefs they often come from other people, even from childhood. Sitting with our stories, helps us to rewrite or release them.

“The placebo effect is proof that our thoughts are powerful enough to bring things into existence.”

Thinking about my day (or yesterday), what were the main thoughts and emotions I experienced? Did my body feel calm and relaxed or something else?

Daily practice:

Make the intention to tune into your mood, thoughts and energy throughout the day. Take notes on your phone, then reflect back later.

This is designed to bring awareness to how much your current life, fits with your values. The feelings and thoughts you have most often, become your reality.

“The emotions we experience throughout the day, become the lens through which we see everything.”

13
Day 13

Date: _____

Who in my life helps my body feel peaceful?

Which places make me feel safe and at ease? How can I visit them more?

Daily practice:

Find a space in your home that makes you feel happy. Take time to clear the space, or add something which will inspire you to spend more time there.

Having a relaxing space in your home is essential to help you release the stress from your day. It doesn't have to be anything fancy, but feels uniquely yours.

“Health comes from inside you and radiates out, it doesn’t come from outside sources.”

Completion of week 2 reflection

What did I learn about my stress patterns?

What small things helped me return to calm?

How has my sleep, digestion, or energy changed?

Note from Naomi:

Here we are at the end of week 2, congratulations for making it this far! Tuning into our emotions is not easy work, and for most of us, it doesn't come naturally as Culture teaches us to be "OK" whatever is happening! This process of tuning into and trusting your body is one of the most life-changing things you may ever do.



15
Day 15

Date: _____

How do I move when I'm confident?

How do I move when I'm uncertain? Think of posture, breath, mindset.

Daily practice:

Sit up tall, shoulders relaxed, and imagine your spine lengthening with each breath. Feel your weight equally across each of your sitting bones.

Standing with strong posture creates a shift in the brain which results in a feeling of confidence, even if we don't feel it. Use your wiring to your advantage!

“Every movement you make teaches your nervous system what ‘safe’ feels like.”

What helps me to feel relaxed in my body?

What is something I used to do that made me feel great that I want to return to?

Daily practice:

Stand up from where you are, feet firmly planted hip width apart, stand with shoulders back and chest out. Breathe into this posture and notice how your emotions shift.

When you become the creator of your life, you receive what you want, rather than what others intend to give you. This posture helps you claim your power!

“When you stand tall, your body remembers its power. You become both grounded, steady and alive.”

What is my vision for my ideal future?

How do I spend most of my time, and how do I feel most of the time?

Daily practice:

Close your eyes and take a few minutes to imagine yourself in the future, living your ideal life. Notice how you feel, who you are with, and what you see.

This is a practice I use every morning: feeling into and envisioning my ideal life. It's incredible how much of it has come into reality!

“Every movement you make teaches your nervous system what ‘safe’ feels like.”

How often do I notice little highlights or synchronicities that happen?

When something good happens, how does it feel in my body?

Daily practice:

*Begin a practice of noting daily
"highlights" small things that brought
you joy or just worked out nicely.
Share them with family if you can!*

Gratitude is the gateway to experiencing more joy. Looking for little “highlights” in the day and sharing them will re-wire your brain for joy.

What sensations stood out most during my inner weather check?

What might these sensations be communicating to me about my current state?

Daily practice:

Close your eyes and focus on your body as you scan from head to toe, noticing sensations. Use descriptive words for each sensation as much as you can.

Words like: buzzing, lightness, softness etc. We struggle to name sensations because we don't practice the skill of describing them beyond "good" or "O.K."

“Introspection (the ability to observe your conscious thoughts and feelings) is your body’s 6th sense.”

What does my spine need today — strength, rest, or movement?

How does it feel to move (or dance) organically? Think physically and emotionally.

Daily practice:

Choose some music to match your mood and move organically to it. Allow yourself to stretch, bend, move and twist in whatever way feels right.

Have fun experimenting with different styles of music and movement. Don't be afraid to try something that feels unexpected, and dance like no one's watching!

“The spine is the bridge between body and brain — and between thought and feeling.”

21

Date: _____

Completion of week 3 reflection

Where did I notice ease and flow this week?

What postures or habits feel aligned for me now?

How do I know when I'm out of alignment — physically or emotionally?

Note from Naomi:

You are now 21 days into your journey, that's amazing! Some of these questions and exercises are going to feel silly or strange. But none of them will hurt you to try. The only thing that could harm you in the long run, is not being open to giving this a go. Keep developing your interoceptive skills, you're getting there!



What does "yes" feel like in my body? What does "no" feel like?

How do I know from the inside when something is right for me?

Daily practice:

Pop onto the Life & Light website and choose a meditation from the resources section or any other meditation of your choice.

Working with your inner guidance or intuition means making space to hear it. Although you might be "bad" at meditation, give it a try!

23

Date: _____

When do I override my body's cues: hunger, tiredness, tension, and why?

If my body had a voice right now, what would it say?

Daily practice:

Test what your body 'wants' using muscle testing. Hold your index finger and thumb together and ask a question while you try to pull them apart. A 'yes' stays strong and a 'no' will break them apart.

As you tune into your awareness daily, try to distinguish between your thoughts and mind, and signs from your body. This is a fun way to experiment with this.

“The body is always speaking; most of us have just forgotten how to hear.”

24

Date: _____

ess? WK 4

What am I learning about my relationship with my body through this process?

How is my relationship with my body changing?

Daily practice:

Say a quiet “thank-you” to your body for something it’s done well today. Take time to appreciate all the ways it has served you throughout your life, every day.

We are so used to saying what's wrong with our bodies, we forget to recognise all the ways it shows up for us and keeps us alive.

“When you begin to truly listen to your body — not to judge or correct it, but to understand it — everything starts to change.”

25

Date: _____

Think about all the barriers you have to making positive change in your life: finances, time, convenience, people around you. How will you overcome them?

Daily practice:

Focus on the benefits, not the pain.

When you notice resistance or barriers to the actions you want to take, shift your focus to how good you'll feel after doing it, rather than right now.

Almost everyone has that
"I don't want to..."
feeling right before we do
something that
challenges us. Accept it,
and do it anyway!

“Healing isn’t a single moment of transformation — it’s the quiet, consistent choice to support the person you’re becoming.”

26
Day 26

Date: _____

Think about all the barriers you have to making positive change in your life: finances, time, convenience, people around you. How will you overcome them?

WK 4

Daily practice:

Do something today that sparks joy - it lights you up or makes you laugh. It can be anything at all, just allow yourself to seek it out.

Often things which are funny or silly bring joy and helps us connect to our 'inner child'. What would happen if you felt this every day?

“Joy is the natural language of a regulated nervous system.”

Where in my life do I still feel there is conflict between where am I and where I want to be? Where is my stress wiring still showing up?

Daily practice:

Identify an internal conflict or pattern of behaviour you feel you “shouldn’t” have anymore. With this in mind, repeat the mantra “Can I let it go?”

When we resist patterns or emotions we perceive as negative, they tend to become stronger. Rather than fighting chaos with calm, practice release and acceptance.

“What we resist, persists”

Completion of week 4 reflection

What have I learned about myself through this process?

What are the changes I would like to make to honour this over the next year?

What practices will I carry forward?

Note from Naomi:

Here we are at the end of week 4 and you are well on your way to make real meaningful change in your life. Don't let it stop here: use this momentum to grow your awareness and commitment to yourself and your health. Now is a great time to get your diary out and plan in more opportunities to do this work.



Your daily reset menu: list 5 things you can do daily to reset your nervous system

List 5 signs in your life that you are moving into stress or fight/flight:

Daily practice:

**Imagine yourself 20 years from now.
Look back from this moment at all the
positive changes you made and how it
has helped you become this deal
version of your older self.**

Science shows that when we feel connected to ourselves in the future, we make better choices in the present.

“Every small change you make today is a gift to your future self.”

30

Date: _____

What has shifted in me this month?

How will I keep listening?

Daily practice:

Take meaningful action this week to do more of this work: join a club, walk regularly, attend a retreat. Anything you need to keep your system in ease and stay connected to your body.

No one will know if you follow through on your commitment. But you will, and your future self with thank you for it.

“You are the Answer. You always have been.”

31

Date: _____

You've completed your month!

How has my relationship with my body changed?

Body Connection Scale:

How connected do I feel to my body right now? (1-10)

What does “calm” feel like to me?

What are three ways my body tries to get my attention?

Repeat this reflection and compare it to your first results. Doing it monthly will help you keep yourself on track.

“Change doesn’t happen because we dislike who we are; it happens because we finally remember who we’ve always been. Your body already knows the way. Keep listening and keep trusting.”

— Naomi Mills, *You Are the Answer Book*

Congratulations on showing up for yourself... what's next?

The language of the nervous system is sensation - it's how you feel. Sometimes it's difficult to tune in, but when you do, and take ACTION, you are creating better health and a better life experience for yourself. And what could be more valuable than that?

However consistent you were with this journal, you've proved to yourself that a part of you cares about consciously paying attention to your body, life and health. I encourage you to keep honouring and making time for that instinct, it doesn't steer you wrong.

You may be familiar with my own story of working too much (in a job I love), living in stress and the impact it had not just on my health, but how I showed up to my friends and family. There was never enough time in the day, I had no idea how to simply 'be'. The loss of my mum and other personal challenges, only reinforced this wiring more deeply and it wasn't until I took the brave step to STOP, and take TIME for myself that things began to change. I began to understand what was happening in my nervous system and how it was showing up in all areas of my life. I gained tools to help shift it back into balance and made some significant changes in my life to bring me more peace, ease and joy.

I learned to become protective of my inner world, far more than my outer one. I can let things go undone, parties go unattended, work undone, if I need to rest, or connect with a friend, exercise or meditate. Unsurprisingly, the more I learned to take care of inner landscape, the more my external life improved too! Now my priority is a healthy mind and body, because with these, I can show up for everyone I love in a much better way.

None of this happened overnight. It's taken many years, and I'm still on the road to fully unwinding, learning how to notice and voice my emotions and many other things which can improve. Each little step though, has built on the one before and looking back, I can see enormous positive change for myself, my family and my work as a result.

I hope that by beginning to listen to your body more, you are beginning to notice some of these changes for yourself. The wonderful things is that the value of these changes only increases in time, and they are an investment in your future self. With that in mind, my final invitation for you is this: what do you plan to do next?

I can't wait to see your journey progress!

With love,
Naomi xx

One of the best ways you can develop these skills further is by attending a retreat or self-development as I did. Happily, I run these regularly, just for you. So hop onto the internet and get yourself booked for something exciting!

Visit: www.lifeandlightchiropractic.co.uk/events-workshops/events