

The background of the entire page is a dense field of small, gold-colored dots of varying sizes, creating a confetti-like effect. The dots are most concentrated at the top and bottom edges, with a slightly thinner layer in the middle.

The 5 Day Reset Challenge

with Frankie Leigh, FDN-P

DAY # 4

NERVOUS SYSTEM REGULATION

Neural Health Checklist

- absentminded
- ADD/ADHD
- angry often
- anxiety/anxiousness
- apathetic
- best sleep between 7-9am
- can't think clearly
- depression/melancholy
- decreased ability to handle stress
- feel best in the evenings
- feel overwhelmed often
- forgetful
- hard to get going in the morning
- mood swings
- learning is difficult
- nervous breakdowns
- panic attacks
- sleeping pills needed for sleep
- startle easily
- tearful, could cry easily
- thoughts too many, too rapid
- upset easily
- work best late at night
- worry



Working with your Nervous System

What is regulation?

the ability to turn on and off
relief from overdrive and overwhelm
the body is able to heal and feel
sound sleep, feeling well rested

Techniques

breathing exercises
restorative yoga
yoga nidra
inner body visualization
walking

Lifestyle Factors

decreasing inflammation
sleep and 'brain washing'
blood sugar regulation

