

# FREEDOM FROM FATIGUE

WORK BOOK

FAITH  
CANTER





# **Freedom From Fatigue Workbook**

**BY FAITH CANTER**



# WELCOME

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Welcome to your Freedom From Fatigue Workbook.

This is designed to help you keep track of your progress as well as remind you of your tools. More often than not I see people struggle because they they are not tracking progress &/or have no where to remind themselves of the tools they have. Please use these pages as you wish, but do your best to keep using them as prompts and guides to thriving in this crazy-ass-World.

Within the pages of this workbook you will be reminded of how simple health can be. That when we return to our true nature we can indeed thrive.

You'll understand how and why the fuel we choose to top up our 'tank' is so important and by fuel I do not mean just food. Light, air, earth, water and food are all equally important to overall health, mentally, physically and spiritually.

Health does not and should not be as complicated as we make it and trying to heal should not be stressful (otherwise it's not helping us heal).

We humans have moved so far away from our natural state of being, so far away from nature that this is why we have all become so unwell. Luckily though there are things we can do to 'fix' this and we'll talk about this here in this work book.

It is my hope that you will find your own way back to nature and thus thrive no matter what craziness is going on around you or in the World.



*Faith xx*

# SAFETY

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It's very difficult to heal when we are in a constant state of fear/anxiety/stress as this reinforces to the nervous system that we are not safe and that it needs to focus all its attention/energy/resources on potential threats around us. Keeping us stuck in fight, flight & freeze. To move out of this place and into a place where you can begin to heal we start to create little pockets of safety in our days.

This could look like self-love practices to some, but it's more than that. It's doing things that you know sooth your nervous system and allow you to feel safe, if only for a few mins.

This could be putting you feet on the earth, cuddling up in your duvet, breathing, eating or drinking something nourishing or doing some sort of practice.

It does not include forcing ourselves into uncomfortable situations (unless using them in a very minor way for pendulation), trauma release work, holding on to emotions or forcing ourselves to do or be something that scares us.

Little pockets of safety are just that! We don't expect to feel that way all the time, but we aim to just pop in to them here and there, but regularly.

When we allow ourselves to hang out here we allow our nervous system to slowly unravel and come out of a constant state of protection and not only regulate but build resilience for living in our very stimulating World yet not only staying healthy, but thriving.

**What makes me feel safe?**

A large, empty, light gray rectangular box with rounded corners and a subtle shadow, intended for a user to write their answer to the question "What makes me feel safe?".



# CREATING A SAFE SPACE

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## LOCATION

A room/garden/home/walk/  
nature/etc

## COMFORT

### ITEMS

Cushions/blanket/  
chair/mug/piece of clothing

## PERSONAL TOUCHES

Plants/animals/keep-sakes

## Design Your Safe Space

What makes my nervous system  
feel/safe/calm/  
nourished/nurtured/held?

## COLOR SCHEME

Does looking at or being  
around certain colours/shades  
sooth me?

## SOUNDS

Music/nature/animals

## SCENTS

Candles/essential oils/flowers

How do I feel when I think of this safe space above?

Is there any anxiety? Can I change whatever is fuelling this?



# FOCUSING

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Focusing is a beautiful and gentle way to start to build a healthy dialogue with our body, especially the parts that cause us distress in some way. In fact, not only this but when we have these conversations with our body we teach the nervous system it's safe and we can often release trauma and tension without ever going into the reason why it may be there. I really love this practice and how it allows a much healthier relationship with our body.

Firstly you breathe in and out of your heart space and feel yourself there and then be guided by your own nervous system, but maybe try something along the lines of the script below.

Focusing Prompts...

Clear the space around you

What wants my awareness right now? (Feel for it, not think for it)

Say hello to it

I know you are there, thank you for being there

Is it OK to just be with you right now?

Is it OK to sit with you in curiosity and not in story?

What do I FEEL there?

What qualities does it have?

How would I best describe this?

Repeat these descriptions out loud

What do I FEEL underneath it?

Even if you do not feel anything, follow the nothing or follow the frustration if you feel frustrated

Repeat out loud what you feel

What's below this?

Repeat it out loud

Keep going until you feel like you have reached the bottom

Then ask yourself, what would it feel like to full well, happy and healthy right now and embody that feeling and repeat it out loud

Then pendulate (move backwards and forwards) between the original 'issue' and how that feels and the feeling of being happy and healthy and see if the original 'issue' changes at all and repeat any change.

Then after you have done this a few times tell yourself you are about the finish this session, but you will be back and you will do your best to keep listening

Say anything else you feel you need to hear out loud and then slowly come out of the session

# CIRCADIAN RHYTHM

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How we fuel ourselves is the most important thing for mental and physical health and happiness. If we don't fuel ourselves in the most natural way then what we end up doing is depleting ourselves instead. I know this sounds a bit extreme, but is what is happening to our electrons (essential for all life) if we choose unnatural ways of 'fuelling' over natural ways.

By fuelling I don't just mean food. I mean water, air, earth and light too.

When fuelled in the most natural way the body is 'designed' to thrive, it builds up electron stores, it regulates body clocks/cycles (which includes hormones/sleep/metabolism etc) and improves energy, digestion, mood and so much more.

When fuelled in an unnatural way we deplete all these things and more. We cause inflammation, , dis-ease and basically we struggle. We just about survive, but we won't be able to thrive.

We are becoming more and more removed from our animal side, this is why we become so unwell. We sit in boxes, staring at screens and eating food from containers cooked in microwaves and then wonder why we are unwell. All these things (and many more) deplete us of essential electrons and screw up our internal clocks/cycles like the circadian rhythm.

Whatever we do to regulate or circadian rhythm also builds electrons. So this is a nice, simple, free and easy when to improve health on every level.

We are 'designed' to live in nature, sleep on the ground, eat real protein rich/fatty food, sleep when it's dark and generally be around nature 24/7. Yet for many of us we are not even around/connected to nature for 1 hour per day, let alone 24hrs.

## **What helps build electrons/regulate circadian rhythm?**

- Wake when it gets light and get sunrise in the eyes (not looking at screens before this)
- Eating naturally - plenty of animals fats and proteins
- Eating seasonal and local vegetables. Turmeric for instance, is known as a powerful anti-inflammatory, yet for people consuming it all year around and also if it's not from their area it could actually be causing inflammation.
- Drinking good quality clean and mineralised water
- Getting your skin in contact with the earth



# CIRCADIAN RHYTHM CONTINUED

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- Getting the sun/daylight on your skin around noon each day
- Getting the sun in your eyes and on your skin at sunset
- Not eating too far after dark
- Going to sleep as close to sunset as possible
- If we are in front of a screen a lot always wearing blue-light blocking glasses (clear or yellow earlier in the day and orange or red in the evenings) & covering up our neck (where our thyroid is)
- If we have LED lights in our home then always wearing blue-light blocking glasses when these lights are on.

Basically living naturally regulates our circadian rhythm and builds up our essential electrons and living unnaturally does the opposite. So, we do what we can with what we have. If you cannot get outside then can you go to a window and stick your face outside at sunrise and sunset? If you are too tired to get up at sunrise can you set an alarm, get outside and then go back to bed (until things start to shift for you and you naturally wake early again)?

We focus on what we can do where we are and with what we have and not on all the things we cannot do. Every little helps!

# ELECTROMAGNETIC STRESS

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A note about electromagnetic stress (EMS), because some people suffer greatly from the effects of electromagnetic frequencies (EMF's). It makes all chronic illnesses worse, and it can affect energy levels, because it also effects sleep. When we spend too much time around electrical appliances and not enough time connected to nature, we can find ourselves suffering from EMS, which is basically electron deficiency with a sprinkling of other undesirable things from electrical appliances.

Some of the common symptoms of nature deprivation / EMS are:

- Colds, flu and frequent and general ill health
- Problems concentrating
- Anxiety, depression, aggression, irritability
- Insomnia and general sleep problems
- Memory loss and brain fog
- Increased chance of (particularly epileptic) seizures
- Dizziness, vertigo, disorientation
- Fatigue
- Worsening of already existing symptoms due to prolonged use of electrical appliances
- Respiratory issues
- Loss of appetite, over-eating and nausea
- High blood pressure and haemorrhage
- Issues with the eyes in general but particularly in the cornea and dry/itchy eyes
- Eczema, dry, itchy skin, dermatitis and allergies
- Joint and muscle pain
- Tinnitus and other hearing difficulties
- Low birth weight and foetal developmental issues
- Persistent detox symptoms, burning sensations and sweating
- Shaking and jitters
- Developmental issues in children and adults alike
- Vision issues, such as blurring and worsening eyesight.
- Not feeling grounded

The easy way to reduce the potential effects of EMF's is to switch off appliances like phones, tablets, wireless devices like headphones, and even digital watches/Fitbits etc that track your ever move, whenever possible (don't carry them in your pocket, or around your wrist all the time or sleep next to them) and get as much skin as possible in connection with as much nature as possible as often as possible. Connecting to nature, by walking barefoot, hugging a tree, paddling in the sea, gardening without gloves or naked sunbathing helps to reduce EMS in the body and bring us back to our natural human state again.

# TAPPING/EFT

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Tapping / Emotional Freedom Technique (EFT) is truly a wonderful self-therapy tool for resolving unhelpful thinking, habits, physical concerns and so much more. The more you practice it the natural and accessible it becomes, and you don't have to tap all the points, say all the right things or even tap for very long for it to be helpful. Below is how to tap (the easy way) and is an extract from my book *Living a Life Less Toxic*.

You tap on certain points on the body whilst verbalising areas of concern; this releases the blockages created in the body by thoughts, feelings and even old nervous system coping mechanisms. The hold these thoughts have over us is then released and most importantly, patterns associated with these thoughts are broken. It's like a counselling session but without having to open up to someone about your darkest and deepest thoughts. It is an extremely powerful tool and can release a lot of hurt, negative emotions, toxic thoughts and long-standing negative beliefs about yourself and others. This not only has positive psychological benefits, but it helps all sorts of physical issues that were created and / or exacerbated by these underlying thought patterns.

If you look up EFT / Tapping, you might get confused by all the different types and styles you find. Please don't be put off; you can keep it simple, in fact that's how I teach and use it now and it's super effective this way. The traditional way of tapping can feel very complicated and heady and thus puts people off using it, I developed an easier way (I call it The Easy Way), that is more accessible and thus we are more likely to use it.

This way we generally just focus on the one tapping point (you can still tap them all if that is what you are used to and what resonates with you). I like to use the Karate Chop point (see image below). This one can be used anywhere, anytime.

This easy way of tapping is about working on raw emotions in the moment. When we work with our thoughts / feelings / emotions like this we can have big shifts, quickly, because we are 'in it', it's raw, it's true and it's not thinking about what we think we need to tap on, but instead what is already going on for us in our heads. This way we just tap on our exact thoughts, unedited, swear words n all. We tap on what we are thinking, NOT what we think we should be tapping on.

So, we are not saying beautiful mantras of what we would like in our life (not right now anyway), we are voicing / honouring our perceived negative thoughts. For me, this is super important and powerful. Having spent a lifetime trying to be positive and not understanding why I never succeeded for very long, I can see why. Because I was pushing parts of me away, not honouring bits of me that made me, me. If you are saying a million positive things to yourself a day, but on the inside doing the opposite, then you are going to cause yourself a whole load of conflict instead of healing.



# TAPPING/EFT CONTINUED

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So, we tap on all the crappy thoughts and feelings and then when we have got those out, we put in / tap on some good stuff. But again, we don't go from saying things like 'I hate my body and life' to 'I love my body and life', because this can cause more conflict, unless we believe it. The better approach here is to use words like 'permission' or 'open'. What I mean by this is, instead of saying 'I love my body and life' (unless you believe it), I would recommend 'I am open to loving my body and life' or 'I give myself permission to love my body and life'. This sends a powerful message to the subconscious mind that maybe you are open to doing just that. Giving ourselves permission is also an important one, especially if we have been ill for a long time. When I was chronically ill with CFS giving myself permission to be well again seemed to create a big shift in me. I was so used to being ill and its label, that giving myself permission to be something else was big.

The positive tapping at the end could incorporate the of opposite of some of the negative stuff you said at the beginning. So, if you said things like 'I am broken / incomplete / need fixing / fat / thin / screwed up' then the positive bits at the end could be something like 'I am open to not feeling broken anymore / I give myself permission to feel complete / I am open to not feeling like I need fixing / I give myself permission to love my body / I am open to not feeling screwed up or even I give myself permission to be ok with feeling screwed up. You can also add in things that resonate with you that maybe have nothing to do with what you just tapped on, like 'I give myself permission to heal or thrive or feel full of energy every day'.

So, to recap:

- Pick a tapping point or points that feel right for you. You can look the traditional points up online.
- You tap on your raw emotions / feelings / thoughts, in the moment (even if that means running off to the toilet for a 30 second tap because a work colleague has just upset you)
- And, when I say raw emotions / feelings / thoughts, I even mean one's like; Faith doesn't know what she is talking about, tapping sucks and makes me feel silly and I really don't get how it's meant to help. Or even; I have no idea what to tap on, I'm just feeling crappy (then follow why you feel crappy and tap on this). Tap on any resistances to tapping too!
- Tap until you have got it all out
- Tap on being open or giving yourself permission to letting go, moving through or thinking another way about your situation and do that until it feels right and finished too
- Just like the traditional way of tapping, take some deep breathes to let go and ground once you have finished tapping

# TAPPING/EFT CONTINUED

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I have noticed that sometimes when you finish you may feel there's something else you want to tap on and of course you can start again if you wish. But one of the main things you may find at this point is you are crying, coughing, yawning, feel edgy or jittery or feel energised or tired. These are all fine and generally means the body and mind are releasing in some way. If you don't feel anything though, that's totally ok too, sometimes it takes a while for the energy to start moving.



# NERVOUS SYSTEM SOOTHING TECHNIQUES CONTINUED

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As it may be becoming clear to you now, the nervous system has a huge impact on health and energy levels. As such I wanted to share this section (taken from my eBook Trauma, Tension & Nervous System Regulation) because if you are someone that is overthinking, anxious, stressed and depressed then it's highly likely your nervous system may need some TLC and below are some super simple tips how...

There are a few things we can do to sooth and regulate our nervous system. Do the things that feel safe and soothing for you, don't push through, thinking you know better than your nervous system does right now, this attitude keeps us stuck, we are letting the body be our compass here, as the body really does know best. You don't have to do them all and what works for you might not for another but give them a go and see which one's resonate with you.

These techniques can be used whenever you notice you are not feeling regulated are more triggered than normal, before bed (when waking in the night) and before food, so that you are in a more regulated place to make the most of the rest, nourishment and nutrients. Here's a video of some Nervous System Soothing / Regulating techniques: <https://youtu.be/HpmjrQNWFP4>

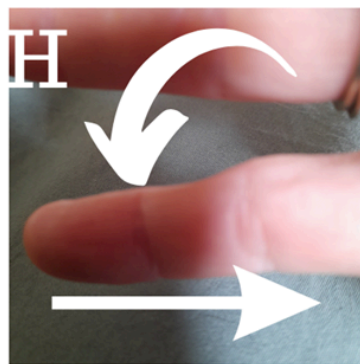
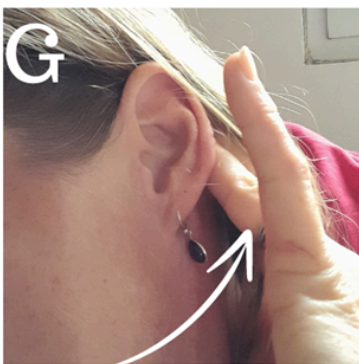
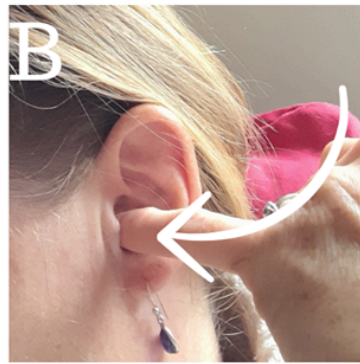
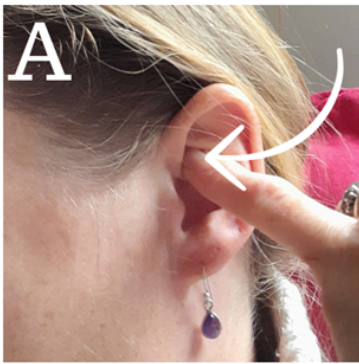
And, a reminder of them all is below...

Most of the techniques discussed below and in my video are helpful because they work with the vagus nerve to sooth your nervous system. However, anything you do that feels soothing to you is helpful for regulating your nervous system.

I HIGHLY recommend you write a list of things you find soothing and refer to this list whenever you feel in need. As an example, mine would include things like, getting my skin in contact with the earth, listening to the birds singing, watching my chickens and geese, making time for drinking a cup of tea sitting down and whilst it's still hot, getting down on the ground and looking at the mini forests, being in or near a river, stroking my dogs or a combination of a few of these. You will see it does not have to be some fancy-ass trauma and tension technique to help regulate your nervous system, it can (and should be) be anything you personally feel is soothing and / or grounding for you.

## NERVOUS SYSTEM SOOTHING TECHNIQUES CONTINUED

# Regulating Points





## NERVOUS SYSTEM SOOTHING TECHNIQUES CONTINUED

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A – Gently move the skin in the indent at the top of the ear (don't push hard) around in circles in both ears, either at the same time or in turn. Wait for some sort of release (this could be a yawn, laugh, tear, shudder, sigh or something else).

B – Gently move the skin around the opening to the ear canal (don't push hard) around in circles in both ears, either at the same time or in turn. Wait for some sort of release (this could be a yawn, laugh, tear, shudder, sigh or something else).

C – Gently pull the ear down (don't pull hard), either at the same time or in turn.

D – Gently pull the ear back (don't pull hard), either at the same time or in turn.

E – Gently pull the ear up (don't pull hard), either at the same time or in turn.

F – Gently pull the skin behind the ear down (don't pull hard), either at the same time or in turn.

G – Gently push the skin behind the ear up (don't push hard), either at the same time or in turn.

H – Massage along the inside of the little fingers.

I – Cup hands behind head and bring elbows back to level with head, then move eyes all the way to one side and wait for a release. Then repeat on the other side. Don't force this, if it's painful just do the parts you can without pain.

I'd like to say here that practices like Emotional Freedom Technique/Tapping, meditation, breathing etc are all helpful for regulating the nervous system too, as long as they are completed from a place of nourishment, safety and ease. Anything we do in a place of push, perfectionism and people pleasing (for instance) won't be regulating for the nervous system. You know what feels best for your nervous system if you slow down enough to feel it. For me making time to sit and drink my tea when it's still hot really helps me regulate, it's such a small thing to allow myself this time and enjoyment, but it makes such a huge difference. Getting as much skin in contact with the earth as possible and just listening to nature also helps me regulate, a lot!

Load noises, places, people etc will often dysregulate us, as can strong smells, lights and too many sensations going on at once. Do what feels regulating for you, when and where you find it the easiest to do.

# FOOD AS FUEL

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Food seems like an easier place to start for many (including myself) than some of the other's things I have shared here.

Food is fuel for change and as such, if we put in bad fuel we won't get much change. Food is fuel, that will help us feel less fatigued. But, to make the most of this fuel let's consider our thoughts when and leading up to eating. If we are being our little Meerkat selves around food then the nervous system will be in fight, flight or freeze and when it's there it must partially shut down other system of the body to maintain energy levels needed to protect us in this way. The first system is draws energy from is the digestive system, (we don't need to digest food if the body is or thinks it is running away from a mountain lion every day). So, if we are in an anxious, rushed, stressed place at all when eating then it's unlikely we will uptake a lot of the nutrients from our food and staying in a place like this for prolonged periods eventually leads to things like IBS, food intolerances and leaky gut issues. So, step one to fuelling ourselves better with food, is addressing our thoughts / feeling / reactions leading up to eating, eating and after eating.

I will explain what both Tapping/EFT and nervous system regulating practices are later in this eBook.

To make sure we are consuming the best food and drinks (fuel) as possible and are at the same time balancing our energy levels, so we are not spiking and dipping in energy all the time we need to cut out the high spiking foods. Yes, these may be your fall-back foods that you find helpful when your energy is low, but the fact of the matter is that every time you consume something that spikes your energy / blood sugars for a bit you hinder your health long term and then you get stuck in this spike, dip, spike, dip cycle with foods and drinks. This cycle messes with mood, energy, hormones and so much more.

So, the key is to remove these foods and drinks to bring balance to energy levels and everything else.

What are these foods and drinks? Basically, anything that spikes blood sugars & rates high on the glycaemic index (GI).

This includes energy drinks of any kind, caffeine of any kind (coffee, black/green/white teas), chocolate, processed sugars, high sugar fruits (papaya, pineapple, mango, banana, etc), potatoes, grains, white rice, white flours / breads / pastries / pasta and fruit or vegetable juices (shop bought or homemade).

# FOOD AS FUEL CONTINUED

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Instead, we are aiming for slow releasing foods, this includes plenty of proteins and good fats (aiming for half the plate at least to be filled with these at each meal) and the rest to be vegetables and fruits (seasonal and local where possible). I know it will be hard to hear for some (it was for me, as a 30+ yrs as vegan / vegetarian), but animal proteins and fats are the most useable foods for us and for most people a major factor in more energy, balanced hormones and better digestion.

It helps to eat regularly too, to prevent dips that make us search for the next spike. If you are suffering from long term fatigue, I do not recommend any kind of fasting until you are no longer feeling fatigued all the time. Fasting has its benefits for sure, just not right now (your nervous system switches into protecting you instead of supporting daily functions when you fast). Eat something high protein or fatty within 30mins of rising and then eat every 4 or at the most, every 5 hours after that to maintain a steady stream of slow releasing fuel into your body. This will bring balance not only to your energy levels but to everything else too. Eating this way may not have to be permanent for you, just until there is balance once more and you feel a deeper connection and understanding to what your body wants / needs / thrives on.

Eating as seasonally and locally as possible is a big part of fuelling ourselves well. The reason for this is because if we eat the same things every day / week / month of the year then our digestive system never gets time to rest from those foods and, we are not getting the nutrients we require in the seasons we require them. What I mean by this is that our body is designed to work with the seasons, it needs Vit C rich fruits in the winter months to help with illnesses that are more likely then and it needs antioxidant rich foods in spring to help with detoxification moving into summer. The foods (and medicines) found around us in certain months of the year are easier for us to uptake and use in those months for a reason (and not so easy in other months as our microbiome changes as the seasons change). They are not meant for us to consume all year around and they don't fuel us in the most optimum way if we do this.

I know that food is a minefield, and everyone is telling you something different every time you read or watch something new (heck even my own take on it has changed dramatically over the years). I find it extremely helpful to ask myself 'would my ancestors have eaten / drunk this, at this time of year and in this way? If it's a no, I know it's not the healthiest way for me to eat it (if at all). Eating from local sources allows us to see what is in season, it's more nutrient dense (as it's usually picked recently) and of course it's not being shipped across the World. Foods (and medicines) that come from other parts of the World were probably never meant for our digestive system / body to consume. That's why many people don't feel better and some worse on superfoods shipped in from all over the World. Yes, they may have beneficial properties, but probably not for us!

So, keep food simple, seasonal, local and as ancestral as possible as often as possible and then you can't go far wrong.

# FOOD AS FUEL CONTINUED

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And, if you are 'naughty' do your best not to give yourself a hard time about it, as that undoes a lot of the potential good from the food you are eating.

It's worth mentioning here that more and more people are finding they have a problem with high oxalate foods and as such often feel worse or even have new symptoms come up when moving from processed foods and drinks to 'healthy' foods and drinks.

I recommend you don't take any notice of the lists of high oxalate foods online as they all contradict each other, but instead check out Sally Nortons book *Toxic Super Foods* and here *Data Companion* that accompanies it. Everything in her list has been checked for oxalate levels in laboratory and her list is one of the only accurate lists out there.

Some of the high oxalate foods are sweet potato, spinach, celery, rhubarb, normal potatoes, brown rice, soya, black pepper, sesame seeds and many nuts, seeds and legumes too. If you have at some point switched to a diet high in these foods (like I did) and are not feeling any better for it, or maybe even worse, I recommend cutting out the high offenders out for a month and seeing if that make a big difference. Don't cut them all out though as that can also cause problems!

Of course I had to give fermented foods a mention here. Fermented foods and drinks, like Sauerkraut, Kimchi, Kombucha and Kefir are often very helpful for people wanting to increase their energy and mood and improve digestive, immune and hormonal health. They are jam-packed full of good bacteria (probiotics), way more than any supplement you can take. As such when we eat and drink these foods, we start to eliminate bad bacteria and toxins from the body, but especially from the digestive system. As the digestive system improves, we can more easily uptake nutrients from others foods we are consuming and energy can improve. I recommend making your own (there are tons of recipes in my book *Fermental – The Art of and Obsession with Fermented Foods and Drinks* or on my website [www.faithcanter.com](http://www.faithcanter.com) ). Start with one teaspoon of ferments with each meal and slowly building up. If you have a digestive imbalance or have never tried fermented foods and drink before then it's likely if you have much more than this you will find yourself in the toilet as they are powerful detoxifiers. Go slow, listen to your body and eventually you can enjoy lots of different types of fermented foods and drinks every day.

Lastly in this foodie section I'd like to talk about salt. Salt is so important to us and most of us are not eating anywhere near enough. If you are someone that is an overthinker, anxious or stressed, or you think you may have adrenal fatigue then your adrenals will be burning through your sodium supplies very quickly. As such, adding in any good quality salt (anything except table salt) to all your meals and sometime even in your water will be helpful for replacing that lost salt / sodium in your system.



# DIET & DYSREGULATION

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I wanted to add how diet can effect feelings of safety, anxiety and dysregulation.

A dysregulated nervous system can have a huge impact on the health of our digestive system, but also what we are putting into (and onto) our body has a huge impact on how easy it is for us to regulate our nervous system, everything is so interlinked and does not just work one way around. Foods that make it tricky to regulate our nervous system are foods that spike our blood sugars and/or foods that are hard for us to digest.

It will be much harder to regulate your nervous system if you are regularly consuming...

Caffeine, chocolate, cacao, processed sugars, a diet high in white carbohydrates (like potato, rice, flour) and a lot of high sugar fruits (like banana, mango, papaya, pineapple etc). A little of any of these is usually fine, but if your diet is rich in these foods and drinks, you'll struggle with maintaining regulation.

It's also harder to regulate your nervous system if you are fasting a lot, cold plunging or doing lots of trauma release 'work'. The body thinks it's starving or dying and goes into protection mode and thus it's harder to be regulated when it's in this place.

These all have their place and can be very helpful, just not generally if you are stuck in a place of dysregulation.

# ONCE REGULATED

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Once we are finding it easier to regulate our nervous system we can work on building resilience within the nervous system. Resilience means we can deal with life's stressors, without becoming ill, exhausted or stuck in a dysregulated place again. We do this (as I mentioned before) by slowly moving in and out of safety and a little unsafety (just minor changes at this stage). We pendulate between these places, never staying in a place of feeling unsafe for very long, just long enough to get a taste of it, but not lost in the story of why we feel unsafe. We only do this when we feel ready and not when anyone else tells us we should be ready.

As we practice this our nervous system learns it's OK to be here and nothing bad will happen and it begins to feel more at ease with the World we are in and our body stops being on high alert all the time. At this point we find we can function much easier, happier and healthier in this crazy-old-World we live in.

Another thing that is helpful at this stage is to allow the body to have experiences that contradict the helpless feelings of trauma. By this I mean allowing your body to say no, stop, run away or even fight back. To 'play' out these more empowering physical experiences that maybe you could not or didn't do when you were traumatised. This practice is best completed with a therapist of your choosing but can be very helpful in completing events that are left incomplete from the past.

Trauma interferes with part of the brain that makes us feel alive and instead makes us hypervigilant. So, by practicing things like pendulation and contradicting the feeling of helplessness we allow our nervous system to understand it no longer needs to protect us in such a hypervigilant way and we can start to feel alive again.

# TRAUMA & TENSION RELEASE

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Often just regulating the nervous system alone we will find many health concerns (and some trauma) simply disappear and if not, completely then many will be reduced in severity and frequency. Sometimes though there is a little more 'work' to be done with releasing trauma, which is often creating tension in the body.

There are many trauma releasing exercises out there that, again do what feels right to you when you feel safest. If you push to release or don't feel safe in the place or with the people you are with you can retraumatise yourself instead of release.

I experimented with and have trained in many modalities that claim to release trauma and tension. What I will say though is that if you don't feel safe and ready it will likely not work.

The practices I use most these days for releasing trauma and tension are Focusing and TRE – Trauma/Tension Release Exercises. These exercises have helped me far more than any other practices I have tried (but remember what works for one may not work for another). For me, with sexual abuse in my past I have found that shaking from the hips outwards that happens during TRE helpful for releasing a lot of stored pain. When I first started doing it though I did not think it worked, I was frustrated and in more pain. My body clearly was not ready and did not feel safe. My teacher asked me to take it slowly and eventually things started to happen. I share this so you can see these things take time, and a feeling of safety and the safe space to unfold.

Something else that I have found very helpful for trauma/tension release is Cranial Sacral Therapy, especially working within the area of the mouth. For people who have suffered sexual abuse, sometimes the pelvic area is too scary, too much and too traumatised to even think about working there. But the mouth and the genitals are very closely related and when we work on one, we often work on the other. I share this in case your trauma feels too big and scary, there is almost always another softer, easier and less intense way to work with it.

I won't be sharing here any trauma/tension releasing exercises here as I do believe, at least for the first few times that these should be performed with an experienced practitioner. You should not feel pressured, you should feel safe, and you should stop if ever things feel too big or scary.

# DISCONNECTION TO CONNECTION

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Everything we are doing when regulating our nervous system is creating a better connection to self, others and life. When we are in a very dysregulated place, we are very disconnected from ourselves and life. We are shut down, are in protection mode and have many walls and barriers up as a way of not getting mentally and physically hurt again. We are no longer listening to most of our body's whispers, we constantly think there is something wrong with us/our body and we often feel very alone, isolated and lost. This is because our dysregulation has taught us to stop listening and connecting as a means of protecting us from whatever was/has been traumatising us.

As I mentioned before, simply going to the toilet and eating and drinking when needed starts to build connection again. As do simple things like connecting with nature. For many years now I have raved about the many benefits of grounding (getting your skin in contact with the earth) for overall health, the thing is it's doesn't just have huge physical benefits, but in fact is incredibly regulating for our nervous system too. We humans are not meant to be so disconnected from nature, we are nature and as such our connection to it keeps us happy and healthy human beings. Constant or long-term disconnection from it makes us unwell and dysregulated because it goes against our true nature. Being in nature in any way possible as often as possible allows us to feel connected to something bigger than us, allows us to regulate and to feel stronger again. It's like a power-bank for health and happiness.

# BEING SENSITIVE

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Many people these days believe there is something wrong with them (or are told by others there is something wrong with them) because they are so sensitive. Or the other way around, they believe there is something special / out of the ordinary about themselves because they are sensitive or an empath.

I believe we are all meant to be sensitive. I believe that's how we survived for so long living on and from the land. I feel that we needed to be very sensitive beings to know what to hunt and forage for and when, to know what the weather would be doing so to know what to focus on next for the health and strength of our tribe/family. We needed to be able to listen to each other, nature, animals, predators and react accordingly for survival. This was just part of who we were and how we lived connected to nature.

I believe that as we started to live in houses and then towns and cities and then started numbing ourselves with drink, drugs and things like coffee and sugar that many people slowly lost or hid this sensitivity.

However, it's part of what makes us human and not something wrong or special with us and should be embraced. To push a part of our humanness away is to continue to remain dysregulated and disconnected from self, others and life.

To be able to feel your body and nature is a great gift. Sometimes that means you feel the not so nice things too, but we can't have one without the other and there are plenty of beautiful connections to be made in the world if you embrace your sensitivities to it.



# PRIORITISE SLEEP

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I know this may seem like an obvious one to add in here, but somehow it still gets overlooked. If you are not sleeping well, you will not have so much energy, but also many systems of the body won't work as well, as for instance, your body does a lot of detoxing in the early hours of the morning, so if you don't sleep well then you may not be detoxing so well, which then impacts health and energy levels.

How to sleep well? Stop having stimulants (things that spike the blood sugars as mentioned previously). Stop watching and reading things on screens in the last hour or two before bed (this is very stimulating and does not encourage lengthy or deep sleep), or if you must do this consider buying some blue light blocker glasses to reduce the stimulation these screens create. Switch all electrical appliances that send and receive signals (phones, tablets, laptops, TV's etc) off at night, plus your Wi-Fi router. Get into the practice of meditating, praying, visualising or doing one of the previous nervous system regulating techniques before bed to bring down any 'charge' in the nervous system and encourage good sleep. Make sure you are asleep by 11.00pm, as we get a 'second wind' then and it's much harder to sleep around or after that time. Try to go to sleep at the same time every evening. Address (through tapping, journalling or some other modality) any pesky thoughts that keep coming up (so they are not in the back of our mind when trying to sleep).

Insomnia is almost never caused by vitamin or mineral deficiencies or other weird and wonderful things but almost always by an overachieve mind or nervous system stuck in fight, flight or freeze. When we start to address this good quality sleep will follow.

# RECOMMENDED DAILY ACTIVITIES Date:    /    /

The aim of many of the sharing's within this workbook is to return to our true nature, because this is how we easily thrive. We do this by fuelling ourselves and our electrons (essential for all life) in the most optimum way because how we live our lives day to day in society now reduces electrons and thus health.

If you cannot do any of the below daily, then can you do something close to it? Don't write it off completely, but find a way to do what you can, with what you have, where you are instead.

Sunrise in the eyes & feet on the earth

Vivid Visualisation

Protein/fat rich breakfast + water

Midday unfiltered sun on the skin & belly

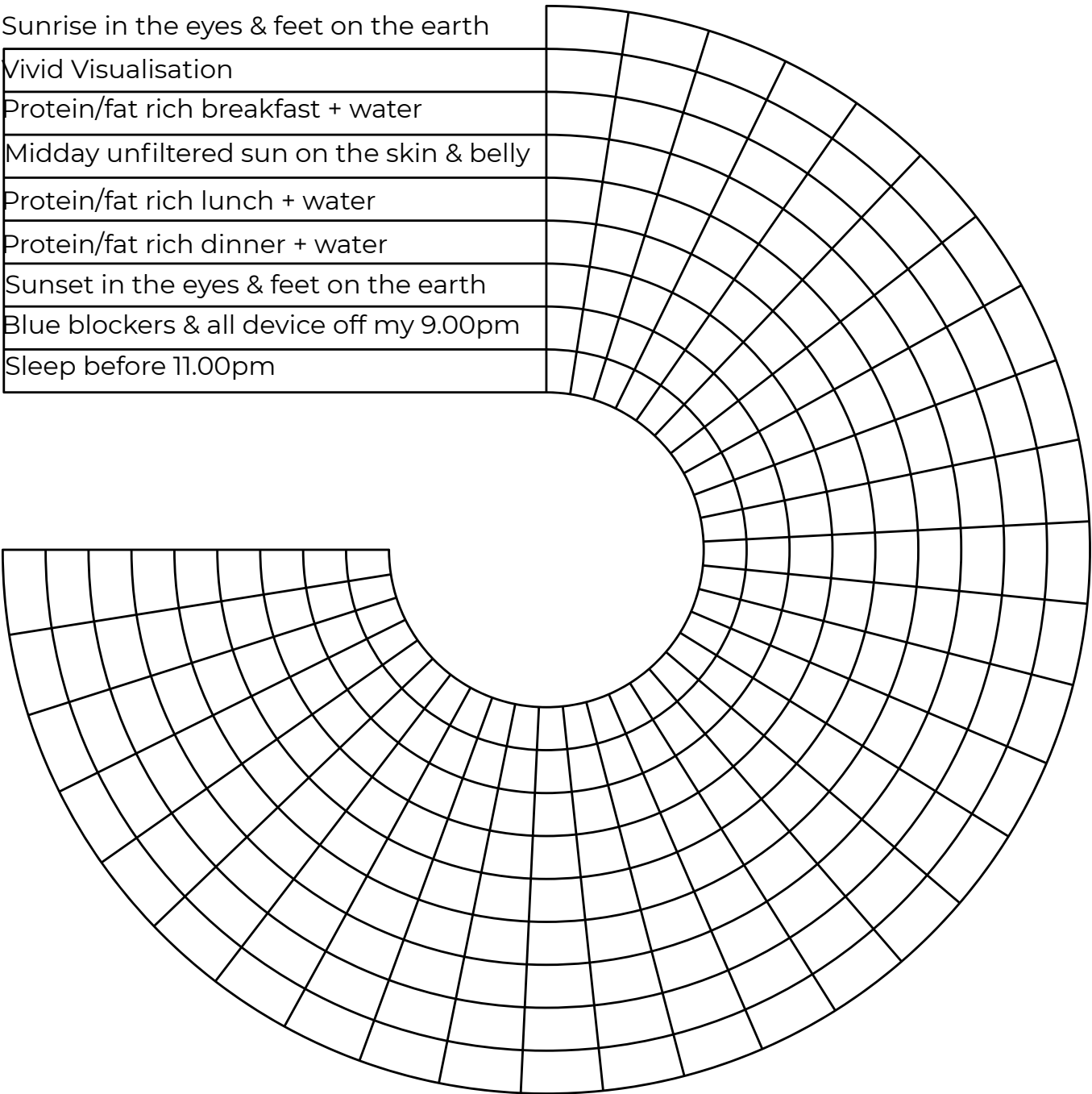
Protein/fat rich lunch + water

Protein/fat rich dinner + water

Sunset in the eyes & feet on the earth

Blue blockers & all device off my 9.00pm

Sleep before 11.00pm



## DAILY ACTIVITIES CONTINUED

Date:     /     /

This tracker is for you to add whatever you would like to focus on this month. These are daily activities and you feel you would benefit from, emotional, physically, spiritually or any other way.

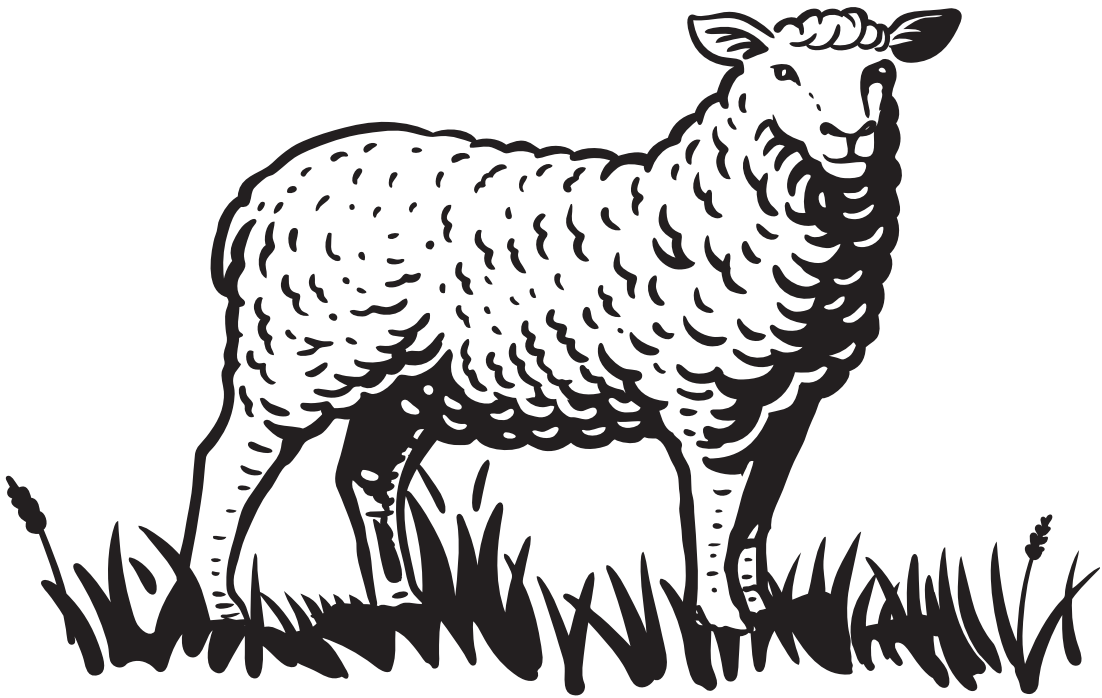
I encourage you to add in fun things, not just things that are perceived to help with recovery. Fun is in fact more regulating for our nervous system than many other things we might want to do for our health. Especially if we are feeling stressed/anxious about things we do for our recovery.

I've added a couple of suggestions to the list, but maybe this is not a daily 'task' for you, but you could track how often you do it and see if it's helping you. Consider things you know are helpful for you but you don't always remember to do and plenty of fun things to! PS: Try not to overload yourself!

## Tapping / EFT ?

[illegible]

WEEK ONE



# HOW DO I FEEL RIGHT NOW?

Date:     /     /

How does my body feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my mind feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my nervous system feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my spirit feel (good & bad) right now? Maybe give marks of of 10 also.

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What do I want to change right now?

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# BRIAN DUMP

Date:     /     /

M      T      W      T      F      S      S

We often feel overwhelmed because we are keeping too many ideas/plans/practices/dreams/expectations/things-to-do in our heads. When we practice getting them out, through brain-dumping (much the same as a spider diagram) or journaling or tapping (if they are needing some 'work' on them). Then we free up mental capacity and energy for other things and also stop telling our nervous system we cannot cope.



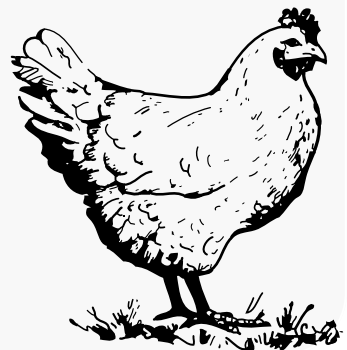


# NOTES / JOURNAL

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Date:    /    /

Can I tap on these??



# WEEKLY REFLECTION

Date:    /    /

What's gone really well this week?

What feels better in my body/mind/spirit this week?

# WEEK TWO



# HOW DO I FEEL RIGHT NOW?

Date:     /     /

How does my body feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my mind feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my nervous system feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my spirit feel (good & bad) right now? Maybe give marks of of 10 also.

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What do I want to change right now?

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# BRIAN DUMP

Date:     /     /

M T W T F S S

We often feel overwhelmed because we are keeping too many ideas/plans/practices/dreams/expectations/things-to-do in our heads. When we practice getting them out, through brain-dumping (much the same as a spider diagram) or journaling or tapping (if they are needing some 'work' on them). Then we free up mental capacity and energy for other things and also stop telling our nervous system we cannot cope.

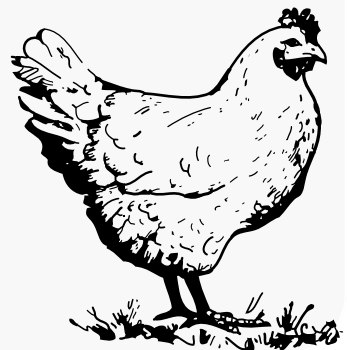


# NOTES / JOURNAL

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Date:     /     /

Can I tap on these??



# WEEKLY REFLECTION

Date:    /    /

What's gone really well this week?

What feels better in my body/mind/spirit this week?

# WEEK THREE





# HOW DO I FEEL RIGHT NOW?

Date:     /     /

How does my body feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my mind feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my nervous system feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my spirit feel (good & bad) right now? Maybe give marks of of 10 also.

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What do I want to change right now?

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# BRIAN DUMP

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Date:    /    /

M    T    W    T    F    S    S

We often feel overwhelmed because we are keeping to many ideas/plans/practices/dreams/expectations/things-to-do in our heads. When we practice getting them out, through brain-dumping (much the same as a spider diagram) or journaling or tapping (if they are needing some ‘work’ on them). Then we free up mental capacity and energy for other things and also stop telling our nervous system we cannot cope.

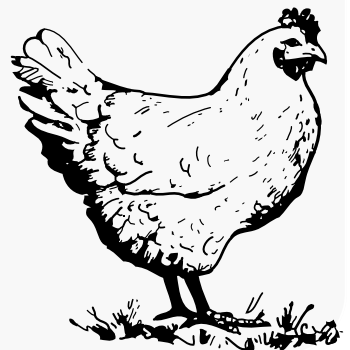


# NOTES / JOURNAL

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Date:    /    /

Can I tap on these??



# WEEKLY REFLECTION

Date:    /    /

What's gone really well this week?

What feels better in my body/mind/spirit this week?

# WEEK FOUR



# HOW DO I FEEL RIGHT NOW?

Date:     /     /

How does my body feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my mind feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my nervous system feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my spirit feel (good & bad) right now? Maybe give marks of of 10 also.

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What do I want to change right now?

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# BRIAN DUMP

Date:     /     /

M T W T F S S

We often feel overwhelmed because we are keeping too many ideas/plans/practices/dreams/expectations/things-to-do in our heads. When we practice getting them out, through brain-dumping (much the same as a spider diagram) or journaling or tapping (if they are needing some 'work' on them). Then we free up mental capacity and energy for other things and also stop telling our nervous system we cannot cope.

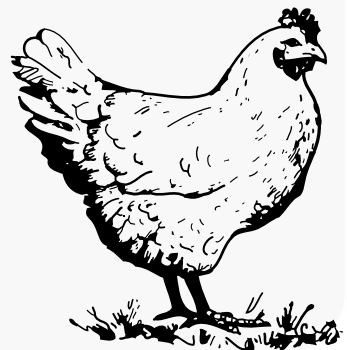


# NOTES / JOURNAL

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Date:    /    /

Can I tap on these??





# IN CONCLUSION



# HOW DO I FEEL RIGHT NOW?

Date:     /     /

How does my body feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my mind feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my nervous system feel (good & bad) right now? Maybe give marks of of 10 also.

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How does my spirit feel (good & bad) right now? Maybe give marks of of 10 also.

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What do I want to change right now?

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# IN CONCLUSION

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Life is not against us!

Life is happening for us!

Our body has been whispering to us for so long and we've been ignoring it, so it had to shout and probably we ignored the shouts, so then it screamed, so we'd finally make the changes we need to make so we can thrive, how we are meant to on this beautiful planet.

We have become so disconnected from our true nature as human beings and have become so unwell.

We stress about unimportant things, or things we cannot change, we get caught up in drama and gossips and social media are how we now feel connected to some way to some people. When we practice letting go of these unhealthy and wasteful habits and nourish healthier ones instead things dramatically change.

We'll notice that it's not the problem that is actually our problem, but our way of thinking about it that is.

We can change our perspective and let go of these old habits with practice and free up so much mental and physical energy because of it.

Whatever we do, if we do our best to be as natural as possible it will help our health (and in fact the health of the planet).

I truly believe we can heal from just about anything if we keep it simple, seasonal, ancestral and natural as possible.

Health is not that complicated, we humans with our big intelligent brains make it complicated but that's part of the reason why we become unwell and often stay there for so long. We feel like something external will 'fix' us, when in fact it's all inside us, we need to remember our true nature again and nurture what nourishes us... which is nature!

Lastly, remember, MANY people every single day are recovering from long term illnesses that they have been told are incurable or only manageable, you can be one of them too!

**You got this!**

*Faith xx*