



TRANSCRIPT

21 Day Tune-Up: Practice Tip #1

Hey there, and welcome to your first practice tip. So this is called Rituals & Routines To Re-Connect & Relax. Now, here's a little friendly warning. I am not big on sharing my routines and rituals with any of my clients or customers or participants. Mainly because what works for me, isn't necessarily going to work for you. And what works for me sometimes, doesn't always work on all days of the year. It depends on where I am, what I have access to, if I'm in a higher state of more work. Maybe I'm on vacation, maybe I'm sleeping somewhere where I can't do these things.

What I want you to understand is that it is very important that we keep building our regulation of our nervous system, so that we can really just go about our day, and when it does come time to go to sleep at night, we don't have to do very much to make that happen. However, what we do know is that we want to practice this ebb and flow daily. And just as a review, ebb and flow is that way of saying, that activation, deactivation, having a feeling of this system having a bit of stress, a bit of strain, but then knowing that we can come down from that. And not just thinking of this coming down at the end of our day. I think that's where we get into trouble with a lot of our world, is that we wait till the end of the day to even be aware of our body and to do our routines for sleep. And then, there's so much stress in the system that it seems almost impossible to bring the system down.

So, I say here, gear down the system intentionally. Later in the day, but also, and I've been saying this throughout our time together, throughout the entire day, and even little moments in the day when you can pause. For example, if you are driving somewhere. Rather than just getting into the car, buckling up, and zooming away; can you pause when you finally get into the car and make that act of driving, almost an opportunity to reconnect, to relax. And actually, that's gonna make you a better driver because you will be more aware, more tuned in, and less preoccupied with where you have to go or where you've just been.

So, you must do what works for you. As I said, I'm giving you in this practice tip, what I like to do, but this doesn't always happen. And, sometimes when I'm a little more, let's say, stressed. Maybe I have a lot going on, I may do all these things, and I still get into bed and I'm a little restless. So, we have to





understand that trying to relax can sometimes be futile. Again, you're now pros at understanding that when there's stored survival energy, that fight, flight, and freeze in the nervous system, sometimes we need to let some of that out. And so this dance between relaxation and regulation is really key.

Bottom line, of course we want to be able to relax, but we also want to have regulation within that relaxation. I'll say that one more time. We want to have regulation within that relaxation, so that when we are relaxing, we're actually relaxing as opposed to trying to keep this lid on a system that just wants to maybe scream or cry or grunt or growl or run around the block. I hope you get the gist. So, as I said, comes back to this idea of greater nervous system regulation. I talked about this in Day 9, so that can be something to review if you feel like reviewing some of the videos.

And final point, do you. Do you. This goes back to what I said at the start of this video. You gotta find what works for you. Again, I share what I do just to give you an idea, but sometimes, as I said, that doesn't always work for me, and that I might need to do something else. All right enjoy practicing with concept and finding out what is for you. Maybe it is something that nobody even would think of. So again, do you.

