

**Aside from chiropractic care, what are some other things that we can do on a daily basis to nurture ourselves and avoid putting stress on our nervous system?**

When the body is in flight or fight-sympathetic dominance our breath changes and becomes fast and shallow. Many of us do not actively focus on our breath throughout the day. A great technique to connect to your breath is:

- Lay on the floor with your legs out straight and arms beside you (you may like to place a pillow underneath your knees to make the position more comfortable and you can even have a blanket on top of you).
- Place your right hand on your stomach and your left hand on your rib cage so that you can physically feel your inhalation and exhalation.
- Start inhaling by expanding the belly outward, allowing it to inflate like a balloon.
- Next, move your breath into the rib cage and all the way into the upper chest.
- Exhale by reversing this and softly contracting your abdominal muscles as you finish.

The ability to literally "shake it off" is a natural response that some animals have to relieve stress and trauma, and rebalance their nervous system. Trauma Release Exercises- (developed by Dr. Berceci for PTSD) are a great way to initiate this response in the human body.

- Lying on your back, bend the knees and bring the bottoms of the feet together. Bring the feet to the floor with the heels close to the hips. Let the knees open wide apart. Lift the pelvis about 2cm off the ground and hold for 5 minutes or for as long as you can without pain.
- Drop your pelvis and with soles of your feet touching, lift knees 5cm off the ground for 5 minutes, then 10cm for 5 minutes and finally 15cm for 5 minutes. Then rest.
- The tremors vary from person to person. You may feel furious trembling or barely feel a thing. The more you do it the more the trembling will spread starting in your legs and hips, moving to your stomach, then chest and head. To see any difference, you may need to do the exercises every day for ten days.

Another tool to calm the body is the yoga asana Viparita Karani (Legs Up the Wall)

- Find an open wall space. Start seated beside the wall, with your feet on the floor in front of you and your left or right side body in contact with the wall. On an exhale, gently lie down on your back and pivot yourself so that the backs of your legs are pressing against the wall and the bottoms of your feet are facing up.
- Your sitting bones should now be pressed up against the wall, or a little away from the wall, and your back and head rested on the floor.
- Let the back of your head be heavy and your neck be in a neutral position. Soften your face and your jaw. Let your hands rest either on your belly or down by your sides. Close down the eyes and breathe deeply through your nose and out through your mouth.
- Stay here for anywhere from 5-15 minutes. To come out of the position, push the bottoms of your feet into the wall and lift your hips slightly. Gently roll to one side, and return to sitting.

If you'd like to learn more about Sarah Jane and find out what she believes the biggest misconception about Chiropractic care is, you can read more **here (link to first blog)** or get in touch with her by clicking on the links below.

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