



Be an Ease Detective

Micro adjustments to improve vagal tone and support the brain and nervous system.



Set your seat

Ease Key: Alignment of the brainstem in the cranial base supports communication through the whole nervous system as well as flow of oxygen, blood, and cerebral spinal fluid to the brain. It also creates more room for your organs.

1. Stand up, as you are able.
2. Flip out your penguin tail, or tuxedo tails.
3. Sit back down.
4. Notice the changes.
5. Alternate tucking the tailbone and setting your seat to see how much difference it makes.



Move up with gravity

Ease Key: Every inch of increased forward head posture increases the weight that your spine supports by 10lbs, thus increasing the tension in your spinal cord. Moving gently up with gravity lightens the load and supports alignment of brainstem in cranial base. It also creates more room for your organs

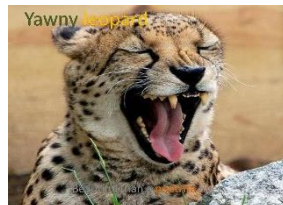
1. Seated or standing notice where your body is in relation to gravity.
2. Naturally and gently move up with gravity.
3. Notice the changes.
4. Alternate feeling how gravity gets you down and what it's like to move up with gravity.



Release your jaw & find your Ahh

Ease Key: Many cranial nerves run right behind the jaw including the vagus, the auditory nerve, the facial nerves, and the nerves that initiate digestion. There is also an auditory channel right above the soft palette. Engaging soft palette with ease in the jaw supports breathing in the central channel, digestion, and auditory processing.

1. Release your jaw. Feel the heaviness of the lower jaw and the weight of gravity. Imagine dropping a ball and how gravity effects the ball.
2. Find your Ahh - it is like a good yawn – feel the gentle engagement of the soft palette.
3. Take a few deep breaths and make the sound Ahh
4. Notice the changes.



Soften the sacrum

Ease Key: The Vagus is a cranio-sacral nerve. As above, so below. What's happening at the top of the spine is happening at the bottom of the spine. Creating ease and motion in the sacrum creates ease and movement in the whole spine and through the nervous system.

1. Imagine you have beautiful peacock feathers extending from all the points of the sacrum. This is a little like nerves extending in all directions.
2. Soften the sacrum - like creating gentle movements in the feathers.
3. Use your sacrum, and imaginary tail feathers as a navigation system.
4. Find mobility and explore the support you have for navigating life as the sacrum is in more ease and more mobile.





Connection

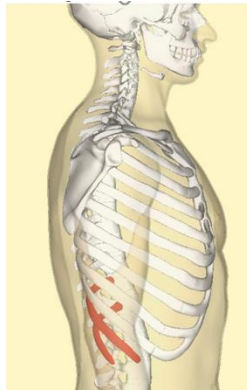
Connect internally to support your Social Engagement System



Make room for heart & lungs

Ease Key: When the shoulders are rolled forward it creates a contraction in the thoracic cavity – the ribs. It is hard to sit up straight. The secret is to float the floating ribs forward, which opens the shoulders and lungs. It also makes room for the digestive organs.

1. Set your seat – see page 1.
2. Find your floating ribs.
3. Gently float your floating ribs forward.
4. Feel the sternum gently move upward, naturally adjusting the rib cage.
5. If this is uncomfortable, place a pillow behind the lumbar for extra support. The muscles aren't used to this posture and can need a little help!
6. Notice what changes.



Breathe in the back of the lungs

Ease Key: Have you noticed athletes put their hands on the back after a big play? It creates more room for the full lung capacity - the inferior and superior lobes. Breathing in inferior lobes (back of lungs) supports the body in coming out of a stress response.

1. Release your jaw and find your Ahhh -see page 1.
2. Place your hands with your palms facing your back on the lower (posterior) lobes of the lungs.
3. Focus attention on breathing in the lungs' posterior lobes.
4. Notice what changes.
5. While you're at it give the kidneys and adrenals a little massage.



Open-focus awareness

Ease Key: The eyes have two visual fields, a temporal (peripheral) and nasal. The vision often goes narrow in a stress response. Attuning to the horizon, temporal field, brings in more information and changes how you pay attention. This awareness helps the body orient in the here and now and see paths forward.

1. Explore how to create a little more ease in your eyes, a sense of gentleness.
2. Gaze at the horizon, indoors or outdoors, like looking at a beautiful scene or sunset.
3. Create a little more awareness of your peripheral vision. Allow information to come to you from the full range of the horizon.
4. Point to things you see and name them.
5. Breathe.
6. Notice what changes.



Plug in or plant your foot

Ease Key: Fine and gross motor skills help the body come back into balance. The vagus nerve is a sensory motor nerve. The feet activate sensory and motor information through the whole system all the way to the brain. ENGAGING in movements across the body, connects areas of the brain. Natural movements and focused awareness can help the body regulate.

1. Plug in your feet. Feel all the bones & muscles.
2. Notice what changes. Can you engages subtle circuits through the legs and torso?
3. Plug in your foot to initiate movement, like reaching for your phone.
4. Then plug in one foot and alternating to the other. See what happens, sitting or standing.





Coming out of the Panic Zone

Sensory-motor movements and senses support the body in balance



Come to your senses

Ease Key: The vagus nerve is a sensory - motor nerve. We can use sensory and motor input to support coming out of the panic zone.

1. Place your hands gently on your thighs, close your eyes as you feel the fabric or your legs. Move your hands up, down and around your thighs. Feel the sensation.
2. Feel your feet on the floor and the weight of gravity on your body. Imagine your breath is initiated in your feet. Move your feet.
3. Hear the sounds around you, hear your own heart beating, hear the silence between the sounds.
4. Open your eyes and see colors and shapes around you. Notice little details.
5. Notice the changes.



Breathing bio-feedback

Ease Key: The respiratory center is in the brainstem. It is part of the autonomic nervous system. Panic mode often feels like you are not breathing. Your hands are a bio-feedback tool that help the body feel. Breathing consciously is like a "reset" to the nervous system.

1. Place your hand on your heart OR place both fingers under the armpits with thumbs up.
2. Bring your awareness to the body breathing, the lungs expanding.
3. Give your mind something ELSE to do. Say, "I'm breathing in" and "I'm breathing out." Focus on a longer exhale to activate the relaxation response.
4. Notice the changes.



Orientation in here and now

Ease Key: Distinguishing detail, fine motor skill, cross body function, and orientation in time and space are all aspects of ventral vagal, body in balance.

1. Point to things you see and name them out loud.
2. Touch different objects and textures.
3. Name the FACTs of what IS. What is explicitly observable by all.
4. Bring your attention back to the here and now and track what is happening in the present moment. Notice cues that indicate you are safe or connected.
5. Bring your mind back to what actually happened.



Go to nature

Ease Key: The evidence is in for nature's positive impact on the nervous system and mood. Also walking and other cross-body movements balance the brain. Observing beauty is effective at shifting awareness and attention.

1. Go to nature, even look out a window.
2. Exercise natural movements, and particularly cross body movements such as walking or stretching and reaching..
3. Use your peripheral vision and open focus awareness (see page 2)
4. Breathe consciously.
5. Notice the changes.

