

MINDFUL WELLNESS COACHING'S

# NERVOUS SYSTEM & SOMATIC HEALING WORKBOOK



*A path back to your roots, where  
presence, purpose, and deep  
connection are rediscovered within  
your own body.*

# Welcome!



Hi there! My name is Sophie!

Originally from France, I moved to the UK to complete my Bachelor in Human Resources in 2011, and stayed ever since! I since develop my skills and experience in consulting sales management, leadership, and spiritual practices.

From an education/training perspective, I have a MBA in Strategic Leadership; accredited Certification in Life and Success coaching, certification in Yoga teaching, Reiki Master level following Usui's system, and postgraduate studies in neuroscience and psychology of mental health with Kings College London (KCL).

This workbook is your companion as you gently return to the wisdom of your own body. Whether you're seeking greater presence, healing from past stress, or simply longing for deeper connection, you're in the right place.

There's no rush or pressure here. Each small step is an act of courage and care. Let this be your safe space to explore, experiment, and grow.

*With Gratitude,  
Sophie*



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THIS FREE WORKBOOK IS YOUR INVITATION TO STEP THROUGH THE DOORWAY OF EMBODIED HEALING. EACH MINDFUL PRACTICE AND REFLECTION IS A STEP TOWARD RECLAIMING YOUR WHOLENESS AND LIVING WITH GREATER AUTHENTICITY, BALANCE, AND INNER PEACE.



# The Body's Wisdom: Understanding Your Inner Signals

Your body is always communicating...through sensations, posture, breath, and energy. Sometimes, life teaches us to tune out these signals.

This initial part helps you rediscover how your body speaks, and why listening matters.

## Exercise:

Spend 3 minutes scanning your body.  
Name sensations without judgment.

## Body Scan Log:

Body Area	Sensation (e.g., tight, warm)	Intensity (1-10)	Associated Feeling

# Finding Your Steady Ground: Creating Safety Within

Safety is foundational. Neuroception—your subconscious safety scanner—guides responses (). Build it with grounding to activate parasympathetic calm.

## **Grounding Practice:**

1. Feet on floor, feel contact points.
2. Name 5 things you see, 4 you touch, 3 you hear, 2 you smell, 1 you taste ().
3. Breathe: Inhale 4 counts, exhale 6+ (cyclic sighing for quick regulation) ().

## **Why It Works:**

Slow breathing (<10 breaths/min) boosts heart rate variability, signaling safety

# Finding Your Steady Ground: Creating Safety Within

**Safety Anchor Log:** (list 3-5 anchors)

My Anchor	Description	Body Sensation It Creates	When I'll Use It

# Noticing & Naming: Building Somatic Awareness

Interoception (sensing internal states) is key for regulation, often disrupted in stress.  
Name sensations to build this skill.

## Building Exercise:

1. Recall safe memory/person.
2. Note body response (e.g., shoulders soften).
3. Anchor with touch/breath.

## Sensation Tracker: (track over a week)

Time	Sensation Location	Quality (e.g., tingly, heavy)	Changes After Noticing?



# Your Personal Toolkit: Gathering Supportive Resources

Resources are internal/external supports evoking safety. They counter dysregulation.

## Building Exercise:

1. Recall safe memory/person.
2. Note body response (e.g., shoulders soften).
3. Anchor with touch/breath.

## Safe Haven Visualisation:

Imagine a peaceful place; engage senses fully.

## Resource Inventory (Memory, Person, Place)

Resource Type	Specific Example	Body Feeling	Accessibility (1-10)

# Everyday Practices: Simple Ways to Reconnect

Integrate these evidence-based tools.

## Controlled Breathwork :

Slow breathing: 6 breaths/min.

Cyclic sigh: Double inhale, long exhale—  
better than meditation for mood.

## Orienting:

Scan environment to signal "safe here".

## Gentle Movement:

Shake limbs lightly.

## Daily Practice Menu:

Resource Type	Specific Example	Body Feeling	Accessibility (1-10)

# Ready for Deeper Transformation?

You've taken beautiful first steps toward somatic healing. Imagine what's possible with personalised guidance...

## Join my upcoming programs:

- Online Nervous System Regulation Sessions (small group, online): Tailored nervous system support from your home.
- In-Person Wellness Retreats (UK + French Alps): Immersive yoga, breathwork, and somatic integration in nature.

## Claim your spot:

Download your Free Retreat Guide or book a Discovery Call at

<https://www.mindfulwellnesscoaching.com/>

**Join the Neuro-Mindful Mailing List** for exclusive brain health tips, retreat updates, and early access: [Sign up here](#)

# Ready for Deeper Transformation?

Your body's wisdom is calling. Let's walk this path together.

**This free workbook is your gift from Mindful Wellness Coaching.**

**Share with friends who need gentle support.**

*With Gratitude,  
Sophie*