

# Calming the Mind and Body

How to Quickly Reset the Nervous System After a Stressful Day

Elyse D. Schunkewitz, LCSW

# Neuro 101: How Does The Nervous System Work?

In order for the nervous system to work, it must receive INPUT signals from sensory systems, INTERPRET the incoming signals and make a DECISION about what to do, and create a motor OUTPUT. If the brain is unable to clearly and cleanly interpret incoming signals, the result may be an output of pain.

# What is Pain?

Pain lives in the brain, which is why functional neurology targets the brain for rehabilitation. Pain is an umbrella term for undesired output from the body. While pain may take shape as physical discomfort in the body, it is not limited to that. Pain may also be experienced in the form of depression, anxiety, ADHD, vertigo, dizziness, trauma responses, eating disorders, headaches, etc.

# How Do I Know If My Nervous System Is Happy?

Improvements in:

Range of Motion | Vision | Strength | Pain | Energy | Gait | Balance | Coordination



Brains aren't separate from  
the body

# Neural Warm Up 2

Last week we learned Neural Warm Up 1. Please reference “Calming the Mind and Body Recorded Training” video.

# Eye Massage with Rapid Blinking

HOW TO: Referencing video, work your way around the orbit of the eye, providing a gentle massage. Once completed, place palms over eyes for complete darkness. Rapidly blink for 30 seconds. Once this is complete, keep eyes closed, remove palms from eyes, and slowly re-open eyes.

# Diaphragmatic Breathing and Stretch

HOW TO: Place your hands on your stomach and think about breathing solely into your diaphragm/stomach instead of your chest. If this is challenging, try the diaphragm stretch (as shown in video) and reassess breathing mechanics. Breathe in for the count of 3 as the belly expands and exhale for the count of 5 as the belly button comes in towards the spine. Complete at least 5 rounds.



# Gaze Stabilization With Humming

HOW TO: Find a point on a wall at eye level in front of you that you can stand at least 3 feet away from. Hum while holding your gaze on that target for 20-30 seconds.

# Gargling

HOW TO: Gargle water for 20-30 seconds.

# Stay In Touch

Website: [elyseschunkewitzlcsw.com](http://elyseschunkewitzlcsw.com)

Email: [schunkee@nychhc.org](mailto:schunkee@nychhc.org)

Workshops and IG Lives: [@talk.neurdy.to.me](https://talk.neurdy.to.me)

Podcast: [@integratedhumanproject](https://integratedhumanproject.com)

## Upcoming Events:

IG Live [@talk.neurdy.to.me](https://talk.neurdy.to.me) | 12.28 @ 9:30am | Prep for 2021

Workshop | 1.23 @ 10am | Neuro Hacks for Resolutions