



Your LHW Navigator ...about the *Nervous System*

Think of it as your personal shortcut to clarity and confidence, keeping the essential information you learnt, bundled into one easy-to-access place!

The Nervous System: The Body's *Command Center*



The Nervous System is responsible for managing everything from your thoughts and emotions to physical functions like heartbeat and digestion. It has 2 key branches:

Central Nervous System:

Your brain and spinal cord, the “headquarters” for processing and sending signals.

Peripheral Nervous System:

Nerves that extend to the rest of your body.

The *Autonomic* Nervous System

As part of the PNS, the Automatic Nervous System controls automatic functions like breathing and digestion and has two main modes:

1. Sympathetic Nervous System:

Activates the “fight or flight” (survival) response during stress.

2. Parasympathetic Nervous System:

Promotes “rest and digest,” (creation) state for recovery and reset.



The Stress Responses: *Fight, Flight, Freeze*



When faced with stress your nervous system reacts automatically:

1. **Fight:** Prepares you to confront the challenge (e.g., increased heart rate, tightened muscles).
2. **Flight:** Urges you to escape or avoid the situation (e.g., anxiety, restlessness).
3. **Freeze:** Keeps you immobilized when neither fight nor flight seems viable (e.g., feeling stuck or paralyzed).

These responses are natural and protective, but staying in them for too long can lead to chronic stress and disrupt your body's balance.

Chronic Stress: The Survival State on *Overdrive*

When stress becomes chronic, your body gets “stuck” in the survival state, with consistently elevated cortisol levels.

This can cause:

- Hormonal imbalances (e.g., irregular periods, worsened PMS)
- Digestive issues and weight changes
- Mood swings, anxiety, and depression
- Fatigue and burnout
- Weak immune system



Balancing the Survival and *Creation State*

The goal is to spend more time in the **creation state**, a mode of safety, relaxation, and creativity while learning to regulate the survival state when stress arises.

Signs of Survival State:

- Racing thoughts, shallow breathing, muscle tension.
- Feeling overwhelmed, anxious, or easily irritated.

Signs of Creation State:

- Calm, steady breathing and relaxed muscles.
- Feeling energized, focused, and inspired



Tools to activate *Creation Mode*:

1. Prioritize Rest and Recovery

- Sleep: Aim for 7–9 hours of quality sleep each night to allow your body to repair and reset.
- Relaxation Techniques: Practices like yoga, meditation, or deep breathing help lower cortisol levels (check out LHW's journey to inner peace) and LHW's meditation guide

2. Nourish Your Body

- Learn to cycle sync and eat a balanced Diet: Focus on whole, nutrient-dense foods, including healthy fats, lean protein & complex carbs, and fuel your body according to your menstrual cycle (check out LHW's article XXX)
- Reduce Stimulants: Limit caffeine, sugar, and alcohol, which can exacerbate stress symptoms.

Key Take-Away

Your nervous system is adaptable and designed to help you thrive. By understanding the stress responses and intentionally cultivating balance between survival and creation states, you can build resilience, improve your well-being, and lead a more grounded, fulfilled life.



3. Move Your Body

- Exercise: Gentle activities like walking, Pilates, or stretching can reduce stress without overtaxing your body. We love Melissa Wood Health and we also practice somatic exercises with the Workoutwitch
- Avoid Overtraining: Intense workouts can raise cortisol if your body is already stressed.

4. Build Emotional Resilience

- Set Boundaries: Learn to say “no” to overcommitment and protect your energy.
- Therapy or Coaching: Talking to a professional can help you process emotions and develop coping strategies.
- Gratitude Practice: Focusing on the positives can shift your mindset away from stress.

5. Cultivate Connection

- Social Support: Why we created the LHQ Community and share our experiences with like-minded women. These profound connections help activating your parasympathetic nervous system (your “rest and digest” mode).
- Physical Touch: A hug or holding hands can lower cortisol and increase oxytocin, the “love hormone.”