A GIFT FROM YOUR PRACTITIONER

The Nervous System *Reset* Companion

A gentle guide for the time between our sessions

FOUR SESSIONS | ONE SOFT RETURN HOME

Laila Marchant | Naturopath (BHSc) | Nervous System Regulation Practitioner

A NOTE FOR YOU

Welcome you're in the right place

Before anything else, take one slow breath. Let your shoulders drop a little on the way out. This little companion is yours to keep. It's designed to sit alongside our four sessions and to keep you company in the quiet hours between them. Those moments when old patterns surface and you'd like something kind to reach for.

Print this companion out and find yourself a beautiful journal to keep alongside it.
Some pages are for understanding, some are for practising and some are simply blank space for whatever wants to land on the paper. Use a pen. Underline things.
Let it get messy. This is a working book, not a precious one.

Your nervous system isn't broken and it isn't your enemy. It has been working hard to keep you safe, often in the only ways it has learned. Our work together is simply about helping it feel safe enough to soften and giving it new, gentler options.
You already have everything you need to begin.

With warmth and care for the road ahead,

Laila Marchant

Naturopath (BHSc) |
Nervous System Regulation and Emotional Processing Practitioner



HOW TO USE THIS COMPANION

Over four weeks, *gently mapped*

Think of these four sessions as a slow exhale spread over time.
Each one builds on the last. Here's the shape of where we're headed.

1 **Meet your Nervous System**
A grounding introduction to how your autonomic nervous system works and why your body responds to stress the way it does.

2 **The Breath as a Doorway**
Using the breath as the most accessible entry point. Here you begin building interoception, the ability to notice what's happening inside your body in real time.

3 **Finding What's Stored**
With this inner awareness online, you learn to locate where stress and emotion actually live inside the body.

4 **Completing the Stress Cycle**
Finally, you release the stored energy and weave it all together so the reset doesn't just happen here, but it becomes part of your every day life.

Between sessions, *try this*

Pick onesmall practice from your toolkit and do it daily, even for sixty seconds.
Consistency, not intensity, is what teaches a nervous system it's safe. Use the check-in pages to notice what shifts and bring your insights into our next sessions.

A SIMPLE MAP

The *three states* of the nervous system

Your nervous system is always asking one quiet question: *am I safe right now?*
Depending on the answer, it shifts you into one of three states.
None of them are bad, each one is your body trying to protect you.

WHERE WE WANT TO BE

Ventral Vagal | *regulated, safety & connection*

Here you respond rather than react. Social engagement is effortless, the mind is grounded, focused and the world feels open, safe and full of connection.

FOOT ON THE ACCELERATOR

Sympathetic | *fight or flight*

The heart is pounding, thoughts are racing, you are feeling on edge and unable to settle. Adrenaline kicks in, your pulse climbs and your senses sharpen. Energy is surging (mobilisation) with nowhere safe to go.

FOOT ON THE BRAKE

Dorsal Vagal | *freeze or shutdown*

Dorsal vagal is the body's protective state of immobilisation (lack of movement).
Energy is either trapped and tense in freeze, or collapsed and shut down in disconnection.

The goal isn't to stay calm forever

The goal is to expand your window of tolerance so that minor stressors no longer tip you into a state of dysregulation. The goal is to build your capacity to **tolerate** and **witness** discomfort, then return to regulation and integration. This is a skill, not a personality trait and it's exactly what we're practising.

The three nervous system states are drawn from Polyvagal Theory, developed by Dr. Stephen Porges, and the 'ladder' framework popularised by Deb Dana.

BETWEEN SESSIONS

A daily *check-in*

A simple two-minute ritual. Copy this into your journal each day, or photocopy this page to reuse.

Right now, my nervous system feels more like...

regulated | wound up | foggy / flat | somewhere in-between

Where do I feel this in my body?

How would I rate this sensation out of 10?

What does this sensation feel like?

What might my body be needing right now?

A practice I reached for and what shifted?

Mindfulness

The practice of sitting with a sensation, thought, or feeling exactly as it is, not trying to fix or change it. We turn toward it without aversion, meeting it with curiosity, acceptance and a willingness to understand.

AFTER EACH SESSION

Catching the *golden threads*

Insight fades fast. Jot a line or two soon after each session while it's still warm.
What you felt, noticed, or want to remember.

Session One | *Meet your Nervous System* DATE __ / __

Session Two | *The Breath as a Doorway* DATE __ / __

Session Three | *Finding What's Stored* DATE __ / __

Session Four | *Completing the Stress Cycle* DATE __ / __

My regulation *anchors*

The three practices that work best for me. My go-to list when I need to come home:

You've shown up for *yourself* through this work and that matters.

However this season finds you, I'm so glad we're doing this work together.
Be gentle with yourself between now and when we next meet.



With care, always,

Laila Marchant

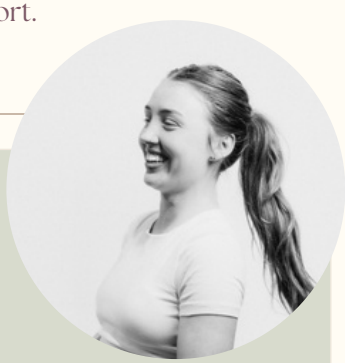
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This companion is a supportive wellbeing resource offered alongside your sessions. It is not medical, psychological or crisis care and does not replace advice from a qualified health professional. If you are in distress or crisis, please reach out to your GP, a mental health professional, or your local crisis line. In Australia you can reach Lifeline on 13 11 14.
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WORK WITH ME

If this guide found you at *the right time,* that's not a coincidence.

Real, lasting regulation happens in the body, through practice, repetition and support.
If you're ready to go deeper, I'd love to work with you.



RECOMMENDED FOR YOU:

The Nervous System Reset Package

Four fortnightly sessions | Your personalised regulation toolkit |
Ongoing support between sessions.

A structured four-session online program integrating somatic and cognitive approaches to build your personalised nervous system toolkit. Includes fortnightly check-ins (45minutes), ongoing support between sessions and supplement guidance where clinically indicated.
Begins with a free 15-minute discovery call - no obligations.

Initial Naturopathic Consultation *75 minutes · online*

A comprehensive first consultation including a full health assessment, personalised nutrition, lifestyle strategies and supplement recommendations where relevant, all tailored to your goals.

Follow Up Naturopathic Consultation *45 minutes · online*

For existing clients, we review progress, refine your treatment plan and continue supporting your healing process.

Acute Naturopathic Consultation *30 minutes · online*

A focused consultation intended to support short-term or acute health concerns such as infections, flare-ups, or sudden symptom onset. Best suited to previously healthy individuals experiencing a recent or acute issue.

1:1 Yoga Sessions *60 or 90 min · online*

Grounding breathwork, Vinyasa/Ashtanga inspired movement and deep relaxation. Tailored entirely to you.

Book your free 15-minute discovery call here:

https://presence-naturopathy.simplecliniconline.com/diary

or email me at hello@presenceco.au