

Charlotte Nuessle

GROWING IN WELLNESS



[Check out my upcoming online course: **Tuning Into Your Nervous System and Trusting Its Goodness.** Extended early bird pricing + holiday payment plan ends December 31st at midnight.](#)

Tuning into Your Nervous System To Build Resilience

Today's takeaway is a practice to support the nervous system.

A practice of grounding:

Tough things happen to all of us. This practice is about coming back, to feeling the ground under our feet, that our lives still go on even in difficulty. Practice in calm times means more resilience when life gets stormy.

Join me:

Take a moment and let your body settle in.

Become aware of your breath.

Bring a little attention to the ground. How the ground supports the chair that you are sitting on; the ground is the foundation under the house or workspace you are in.

The ground goes deep into the earth.

Feel how the earth supports you, gives a solid base.

Allow your body to relax a little. Take in feeling supported by a solid base.

Notice the places where you feel supported: your seat, your lower legs, your spine sitting comfortably tall. Wherever you notice your body settling.

Take several breaths, stay connected to the feeling of deep support.

Feel how your body shifts in subtle ways as you take in the feeling of stability.

Calmness, peace.

You might bring to mind an image of a great tree, one that has been rooted for many years, perhaps hundreds of years.

Its steady presence, still and enduring.

Invite your breath to deepen.

Take several breaths. Breathe in strength, breathe out feeling tall and upright.

Imagine the many storms that this tree has weathered, branches broken, fires burnt, limbs fallen down. Yielding to the fury.

Yet it stands tall and mighty, as though these only brought out a deeper rootedness and stillness.

Breathe in rootedness, breathe out your connection to the ground.

Like a great tree, feel the place inside you that is a shelter you can return to when life's storms are fierce. Feel it in your own body. Letting go, softening, yet firmly rooted.

Take a few moments. Feel how this nourishes your roots, your trunk, your crown, as your whole being settles.

Feel how your body remembers how to settle into stillness after a storm.

About this kind of practice:

We're strengthening our ability to engage the *dorsal vagal* part of our nervous system, in its role of giving us experiences of deep stillness. In this place, our digestion is supported, our system feels "at home." We strengthen our capacity to shift from an experience of discomfort to another, feeling a place of refuge inside.

Why practice:

We know that there will be some hard times. Getting a simple practice like this into your life helps you grow a resource of inner calmness that will come to your aid when you need it.

Here's a testimonial from Susan, about how this kind of practice changed a tendency to overthink things.

Why my course:

80% of the information coming to the brain is from the body. Yet we live in times when our thinking is valued more than our body knowing.

This course is designed to help you experience the subtle and not so subtle shifts inside. The wisdom of the 80%. As you get more body understanding of these shifts you'll feel more whole, that you're living from a deeper sense of rootedness inside yourself.

I enjoy connecting one on one to answer your questions. On the call, we'll chat about where you're starting from and how to take your next step. So, if you're curious about the course, or you think chatting with me might help you, then let's chat! [Use this link to book a time that works for you.](#)

Warmly,
Charlotte

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