

5 CHALLENGES

to connecting with
your nervous system

& support to
help you through

from Jess Jackson of Soft Path Healing

Before we begin . . .

Please take care of yourself in any of the ways that you need to. And please know that this list is not exhaustive and might not speak to your unique experience.

I honor and trust YOUR reasons that connecting with your nervous system feels challenging, whether or not they are mentioned here.

♥ *Jess*

1


Perhaps it hasn't felt safe or possible in the past. Our past experiences can be formative. If it didn't feel safe then, it might not feel safe now.



Safety and trust are built over time. When we work slowly and within our capacity, we can form new positive experiences of nervous system nourishment.

2

The world we live in often encourages living outside of our window of tolerance and repressing our body sensations and lived experiences.



When we remember that capitalism, ableism and oppression (et al) contribute to the challenges, we can offer ourselves more compassion.

3


If we often feel big feelings or paralyzing numbness, connecting with the nervous system can feel (and sometimes is) scary or overwhelming.



Sometimes the thought of connecting is overwhelming; sometimes the experience itself is. Sometimes it's both. What strategies can help us go slowly and navigate the overwhelm?

4

We might feel like we need to do it perfectly; we might feel like we're doing it wrong. We might feel shame about our thoughts, resistance or big feelings.



Connecting with our nervous system can be a practice & we don't have to be perfect. If everything that comes up is information & is invited, how might that shift our experience?

5

We might not have the tools and support that we need. Maybe we don't know where to start, or where to turn when it feels challenging.



There are many tools that can support our relationship with our nervous system. It can take time to find the right support, but we deserve it and don't have to do it alone.

5

So now that we've covered a few of the reasons connecting can feel difficult, you might be wondering . . . what's next?



I'll be visiting your inbox soon to share more about fostering a relationship with your nervous system that feels doable and healing. Stay tuned (if you wanna)!

♥ *Jess*