



RETURN TO YOUR BODY: A 31-DAY NERVOUS SYSTEM RESET

SAME YOU, BUT WITH A
DEEPER CONNECTION

[www. YouAreTheAnswer.co.uk](http://www.YouAreTheAnswer.co.uk)

Welcome

Everything about my work is grounded in the Central Nervous System - that amazing piece of biology that runs every process in your body. From sleep and digestion to healing and hormone balancing, this is the "computer system" that sets the filter on how you experience your life. So, wouldn't you like to get to know that system better and make sure it works for you?

When we live in this deeply stressed state, we become disconnected from ourselves emotionally and biologically. Biology is what drives our behaviour, and when our threat system is activated, it colours every choice and every action we take. This journal is intended to help you begin this healing process for yourself, so you can learn to hear the signals from your body, and to trust it again.

There's no right or wrong way to use this journal. I hope you will write in it daily, or take the time to reflect on the questions and try the daily exercise. The key to success is curiosity, not perfection. It might take you a few months to complete the 31 days and that's OK! Perhaps noticing how difficult it is to make time for your own needs, is what you need to realise right now. Just dig in with an open mind, leave what doesn't serve you, and enjoy!

My intention for this journal is to empower you. By becoming more aware of your body's inner signals, science shows you will lead a longer and happier life.

I hope it's impactful for months and many years to come.

With love,
Naomi xx

How to use this journal

This journal has been created to help you put 5-10 minutes a day to focus on your nervous system, your body and give you daily tools to create meaningful, lasting change in your life. Read the quote and reflection each day and try the suggested nervous-system practice. Jot down sensations, words, or images that come up without censoring, or pressure.

End each week with your weekly reflection and keep going!

Body Connection Scale:

**How connected do I feel to my body
right now? (1-10)**

What does "calm" feel like to me?

**What are three ways my body tries to
get my attention?**

This is the first exercise to begin with, make a note of your results and we will compare them after the 31 days are complete.

Week 1: Awakening Awareness

This week is about awareness, noticing sensations, breath, and tension. Becoming fluent in the language of your body begins with curiosity, not control.

You will also develop the habit of taking time to reflect and write daily which is an important step towards re-wiring your nervous system into ease and healing.



Week 2: Regulation & Calm

This week is about finding calm, learning your cues of stress and safety, and practising ways to come back to balance.

The real gains from this process come from small, daily practices which allows your nervous system to get used to switching out of stress and into a calm, regulated state. The more often you do it, the easier it becomes.



Week 3: Alignment & Movement

Alignment is more than posture, it's your inner state becoming reflected in your physical body.

This week, we explore how we carry ourselves and how alignment (physically, emotionally, spiritually) shapes our energy and our health.



Week 4: Integrating & Living the change

This week gathers all you've learned into daily life so you can enjoy positive, consistent, gentle change in the months ahead.

Here we explore gratitude, joy, and the ongoing practice of listening to your body to create the highest quality of life and health possible. When you truly trust your body, life becomes a conversation, not a battle!



Day 1

Date:

What does "healing" mean to me?

What is my body telling me today?

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Daily practice:

Place one hand on your heart, one on your abdomen. Breathe and simply notice movement beneath your hands.

Your breath is the quickest way to access and calm your nervous system. You can use this several times a day, whenever you need to.

“Healing starts when you begin to notice — not when you begin to fix.”

Date: _____

What signals does my body give me when I'm doing too much?

How does my body usually feel, and how do I want it to feel?

[illegible]

Daily practice:

Close your eyes and notice what sensations come first, your heartbeat, breath, tingling, pulsing, or something else? Make some notes.

Beginning to become aware of the sensations in your body is the first step to learning the art of listening to your body, and hearing its signals.

“Your body speaks long before it breaks. Learning to listen is the first step toward healing.”

Completion of week 2 reflection

What did I learn about my stress patterns?

What small things helped me return to calm?

How has my sleep, digestion, or energy changed?

This image shows a blank sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

Note from Naomi:

Here we are at the end of week 2, congratulations for making it this far! Tuning into our emotions is not easy work, and for most of us, it doesn't come naturally as Culture teaches us to be "OK" whatever is happening! This process of tuning into and trusting your body is one of the most life-changing things you may ever do.

