

Episode Transcript

TAOLC EP: 024 -

Unlocking Body Wisdom: 3 Simple Embodiment Practices to Manage Overwhelm

Please note that this transcript is AI generated and may contain minor errors.

- 00:05 Welcome to the Art of Living Consciously Podcast, a show designed for out of the box thinkers and mindset shifters who are looking for new ways to evolve. This is an intimate container designed to uplift, inspire, and motivate you on your own growth journey.
- 00:31 I'm your host, Dannie Reeve. As a certified BNE or Bioneuroemotion practitioner, I empower men and women to turn their conflicts into stepping stones for growth because when you question your own beliefs and perceptions and take responsibility for your life, everything else follows. If you ask me, earth is a place where souls are sent to evolve, and in this podcast we will discuss the best tools for our evolution. Hello, Hello my flawsome friends and welcome to episode 24. How intelligent do you think your body really is? Chances are, if you are a human living in this era we are living in, you probably have been taught and conditioned to rely heavily on your thinking brain. Now let me ask you a question. When you are feeling overwhelmed and are overreacting, what part of your body do you think is in charge? Do you think your rational brain is the one calling the shots?
- 01:32 No, it isn't. That's why an essential part of healing is to reconnect with your body and its wisdom. So today I really want to unpack some really useful ways in which you can ground back into your body in moments of overwhelm or even when you are not overwhelmed and you just want to make a point of tapping more into that innate wisdom that is yours. As I said, most of us have been taught to rely primarily on our rational thinking brain, and a lot of us tend to be disconnected from our bodies and their own innate wisdom, and the fact is that our bodies have their own energy centres and their own brains. The two biggest brains in our body being our heart and our gut. Those brains have neurons just like the brain in your skull, and they actually are in constant communication with our rational brain..
- 02:32 In fact, contrary to what many people might believe, the communication flows upward more than it flows downward. That's to say that 80% of this communication happens with the gut and the heart sending signals to the brain and not the other way around. You'll agree that that's a hefty flow of information shaping what you are feeling and what you are going to do next. That's why when you're dealing with overwhelm, it's important that you learn to establish good communication pathways between what you feel in your body and what you're thinking in your mind. You can't simply think your way out of

overwhelm. It's really important that you learn to ground within your body and listen to what is happening there as well. This will allow you to open the door to tending to the pain that your mind is trying to rationalise you out of. The irony of this is that I was actually recording this podcast episode a while ago and I felt this deep sense of overwhelm come over me and I ended up being so in my head I had to take a moment to pause and to practise what I am just about to share with you.

03:49

In fact, I think that's a great example because if you have listened to the previous podcast episode, episode 23 with Nicole Brennan, she actually did an impromptu coaching session on me and we touched upon my feeling of dread when I am about to record a podcast episode or do an interview. If you haven't listened to the episode, I highly recommend you go and check it out. She exemplified really well how in those cases, oftentimes it is an inner child who is reacting to certain circumstances. So let me expand on this a little bit more so you can understand how it works and how it might be affecting you in your own examples and in your own life. When you're dealing with situations where you feel that you're spiralling and you're a little out of control. If we take my example, you'll all agree that objectively, logically, the dread that I'm feeling is pretty irrational.

04:49

I mean, if we are to look at this from an objective point of view, I'm speaking into a microphone and I am teaching something, there's nothing life threatening about that. What is happening here is that a more visceral, deeper part of me is drawing on a past bank of experiences and emotional reactions to those experiences to make sense of what is happening today. All our emotional reactions to our experiences are stored in a part of our brain that is called the amygdala and is part of our limbic system. Think about it as a hard drive and on that hard drive you have stored all your emotional memories. Painful or frightening experiences become our core wounds and they can be reactivated at times when we encounter a reminder of the original event, which usually happens in childhood, but can also be rooted in ancestral memory. So every time this core wound is reactivated through external circumstances. In my case, this reactivation is clearly occurring

06:06

when I am about to speak or record myself, alarm bells go off and I am transported back, and in your case, you will be transported back to the first time where your system felt that overwhelm. When you are activated that way, what happens is that your brain shuts down so your autonomic nervous system can take control and offer quicker responses. Basically, it's dealt with as a state of emergency and your thinking brain has very little to say at that moment. That's why you can't think yourself out of overwhelm literally. So as you can see, something is happening on the surface level. In my environment, if we look at it objectively, there's no real reason for me to feel threatened, but what needs to be tended to is what is happening behind or beneath, sorry, the surface level that is to say the core original wound that often originated in the experience of a child and even a grandparent or a great-grandparent.

- 07:18 It can be very helpful to have somebody, a practitioner or professional help you to go back to that original experience so you can understand it and heal it. That would be my role as a bio emotion practitioner, but this episode is not about that, and there are steps that you can take to start leaning into your overwhelm ground into your body and learn to soothe and parent yourself again in the face of overwhelm. The first step is to notice when you are spiralling. Sometimes it can be very obvious when you are extremely paralyzed or afraid, but sometimes it's more subtle. Sometimes it's noticing when you are starting to adopt coping strategies in order to avoid the overwhelm that you are feeling. This could be grabbing your phone and scrolling mindlessly on social media. It could be Netflix bingeing, it could be going for that extra cookie.
- 08:32 It could be that glass of wine that you so need at the end of your day. It could be shopping on the internet, anything that you notice that you are doing mindlessly and excessively, which is pinpointing towards spiralling. For example, when I become overwhelmed with the podcast, when I'm recording, I can see that I start to overthink, really be in my mind and try to control everything that I'm saying, and I don't let myself flow easily. And so it's just this constant thinking, thinking, thinking, thinking, which is showing me that I am disconnected from what is happening in my body and therefore I am avoiding something. When you notice that you are spiralling or adopting any kind of protection mechanism or behaviour like the ones that I have mentioned, your first safety net or your first medicine card I would say is to pause.
- 09:37 We underestimate the power of pausing. When you notice and when you pause, you are signalling to your brain that there are different ways of behaving in the face of what you are experiencing. And don't be hard on yourself. Sometimes you will catch yourself and sometimes you won't, and that's okay. You will always be given a new experience so you can practise that pause. Now see that pause as an opportunity to come back into your body and to lean towards what you are trying to avoid. There is so much medicine in leaning towards discomfort, but you want to cultivate the habit of doing it out of a place of curiosity and love rather than judgement. The objective is not to make that feeling go away, the objective is to get to understand it. When you understand it, then you create space for a different response. So let's say that you are about to reach for that cookie.
- 10:43 You could simply pause and rather than judging yourself for grabbing that cookie, choose to explore what is happening in your body. So here's an exercise that I find really helpful and that you can actually implement when you are in a moment of overwhelm, but also throughout the day to get yourself used to noticing what is happening in your body. You can also set alarms on your phone just to, you know, have these little reminders to check in with your body two, three times a day. It really is a small exercise. It doesn't take a long time, but it really makes a difference. So what you do is that you first anchor yourself physically in your body, so you can put your feet on the ground and really feel the ground or you can put your hands on your body and allow yourself to maybe

close your eyes and just feel what is happening in your body, but you're going to feel and label on a objective sensory level.

11:46

So it wouldn't be like I'm feeling anxious, that would be a feeling, but it would be more. For example, I'll do it now. Right now I'm feeling tingling in my hands, I'm feeling throbbing in my heart and I am feeling warmth on my thighs. Just imagine that you are a scientist <laugh> and you're just checking for objective measures like sensations, like pulsation, throbbing, tingling intensity, like heaviness, lightness, temperature, like warm cold. This allows you to create space between your judgement of the experience and the actual experience that is unfolding in your body. It really helps you to come back to the present moment and to what is occurring now and gives you more space to explore anything that might be coming up. Now, if you are feeling especially overwhelmed, I really recommend simple breathwork techniques. They really work like magic at signalling your nervous system that you are safe and calming yourself down so you can also have a more objective perspective and start leaning into what is happening for you.

13:13

So here are my two favourite ones. The first one is called box breath. It really works like a charm in calming you down and it doesn't take very long either. What you're going to do is that you're going to inhale for four counts, hold for four counts, exhale for four counts, and hold for four counts and repeat. And before I show you an example of this, I just want to give you a few cues. When you are looking at signalling safety to your nervous system, it's better to inhale through your nose and exhale through your nose as well. That's because typically breathing through the mouth tends to signal activation states. A restful state would be breathing through the nose. Another tip is that when you inhale, you start by filling your belly. So you start from the lower belly and you slowly expand towards your upper body.

14:11

So let me show you how one round of this would look like. So we are going to start by inhaling from your lower belly. So inhale for 1, 2, 3, 4, hold, 1, 2, 3, 4, exhale, 1, 2, 3, 4, hold, 1, 2, 3, 4, and then repeat. I would say do at least six rounds of those, but you will see when you start to calm down and then you can stop when you want to stop. It's really effective and if you do it at night, you can fall asleep really easily. There's another technique that I like to use as well, which is basically to breathe in through your nose for a count of six and breathe out through your nose for a count of six and do as many rounds of that as you need. Again, these like slow breaths and six is the optimal coherence cadence will help you signal to your nervous system that you are okay and that you are safe.

15:24

There's actually an app that I love using for this, and this is not sponsored <laugh>, but I really, really like them, so I want to recommend them to you. It's called Other Ship. I will put the links in the show notes below. In the app itself there's a free section with six tracks. They usually alternate those tracks and change them as the months go by and then if you wish to, you can join their paying service. In their free section, there are always a couple of tracks that deal specifically with calming your nervous system down, and at the moment we are

in June of 2024. The second breath exercise that I gave you is a 10 minute track that is called your secret stress weapon. It can help you practise that breathing technique with some beautiful music too. So I recommend you try it out.

16:13

Okay, so moving on. Once you are in a place where you are in your body, you are able to look at your sensations objectively and label them. Then you can move to the emotion that you're feeling, check in with your body again and just ask yourself, what am I feeling? And the first word that comes up, take note of that and it can help to say out loud as well and label it. So for example, I'm feeling anxious or I'm feeling overwhelmed or I'm feeling angry. When you're labelling, what you're essentially doing is that you are putting some perspective between you and what you're experiencing. It also helps to calm your nervous system down. In her book, *Anxiously Attached*, which is a great resource if you want to go deeper into how to lean towards those uncomfortable emotions and soothe your inner child. Jessica Baum inserted this quote by interpersonal neurobiologist, Dan Siegel, that explains it really well.

17:17

He says, *naming an effect, an observable sign of emotions soothes limbic firing. Sometimes we need to name it to tame it.* and in the case of self-soothing in the face of overwhelm, spiralling, triggers. What you can do is also say to yourself out loud, *this is old firing and wiring.* It's a way for you to bring understanding and compassion to the experience you are going through, the sensory experience that you are going through in a sense like a parent would, right? And as Nicole Brennan who was on last episode always says it's about relating with it but not from it. So you're creating that container, that distance. That means that you are not reacting anymore. You are learning to contain and understand. You are giving space to that sensory experience and you are giving it a voice, but you are no longer being it, if that makes sense.

18:31

You are no longer running away from it or reacting to it, which would be another way of being it and relating from it instead of relating with it. Essentially you are learning to reparent yourself and you are rewiring your brain to fire new neural pathways and create space for new ways to behave. This, by the way, doesn't mean that you are never going to feel moments of overwhelm or that you're never going to reach for that cookie ever again. This is not how it works. It's about being patient with your body and little by little instilling new habits, new neural pathways and pausing, choosing to pause and to explore rather than to react. And the more you do that, the more you regain control over who is actually driving the car. You are signalling to your inner child that it is safe to let you drive.

19:43

So let's recap real quick. When you are noticing that you are about to spiral or that you are spiralling or that you are overwhelmed or about to use one of your coping mechanisms - that could be to avoid or to lash out or whatever you notice - the first step is to pause and to understand the magic and the medicine in the pause. And then you get to choose to go back to your body with curiosity and you can employ some of the techniques that I have taught you here, which are naming and labelling, first of all the sensations in your body and using breath

work to calm your nervous system down. And then labelling the emotion that you're feeling and saying it out loud to yourself. This is old firing and wiring. These simple techniques are first steps to teach you how to relate with the discomfort and not relate from it.

20:57

After grounding into your body, you also open space for inquiry and for going further, deeper into who that part of you is, who is reacting that way, what he or she needs and believes and how to bring new resources to them so they feel safe enough to let you be in the driver's seat. But for now, I encourage you to try these simple techniques that I shared with you. I assure you they'll make a real difference in your life if you implement them consistently and really hone in to the power of grounding in your body.

And there you have it for today's episode. To find out more about what I do and how I can best serve you, head over to www.danniereeve.com. Meanwhile, why not hit that subscribe button so you can be notified when the latest episode drops in. I promise the journey will be worth it. Thank you so much for listening. I truly appreciate you and I wish you a flawsome day that is flawed and awesome, just the way we like it.