

CALM  
BEGINS  
WITH  
ME





“WHEN YOU GIVE TIME TO A QUIETING EXPERIENCE, YOU HAVE  
A DIFFERENT LIFE BECAUSE YOU HAVE A DIFFERENT NERVOUS  
SYSTEM”

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EMOTIONS ARE CONNECTED TO THE BREATH.  
WHEN YOU SLOW THE BREATH, YOU CAN CHANGE THE EMOTION

Most of us are familiar with the benefits of mindfulness & breathwork, But creating the time & space to implement these practices can be difficult, especially with a non-stop schedule.

Collectively we often find ourselves living in our heads, ruminating over endless to do lists, shoulds or what ifs. Creating a constant state of alert and inevitably disturbing our peace. Sleepless nights or anxious energy are often the result of an 'uncalm brain' and the modern day inability to relax. But there is balance to be had, you can find a peaceful state in a turbulent world.



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But how?

How do you add more into an already packed schedule?

One way to incorporate calm into your life, is to start the morning slowly, moving, breathing, relaxing the body, and the mind will follow suit. A calm body is a calm mind, not the other way round. By coaxing your body into a state of calm, you quieten the mindless chatter.

Try this simple exercise:

- Unclench your jaw
- Soften your hands
- Drop your shoulders
- Close your eyes
- Slowly Inhale through the nose, feel the tummy rise
- Exhale softly through the mouth and sighhhhh, feel the tummy fall
- Repeat 3 times

This demonstrates how relaxing the body, even for a minute, instinctively relaxes the mind, and brings about a state of calm.



# CALM BEGINS WITH ME PROGRAMME

The Calm Begins with Me Programme is a 4 week programme to help you implement more calm into your day.

I know how hard it is to make a shift or create a change, so I have designed this programme with simple, yet effective tools to help activate your parasympathetic nervous system - our body's natural state.

## WEEK ONE - THE RABBIT AND THE OWL

We will learn about two opposing systems, the sympathetic nervous system, our fight flight freeze response - initiated during times of challenge. And the parasympathetic nervous system, our rest and digest, or stay and play response - activated when we are calm and relaxed. We will identify what initiates these responses in you and how they feel in your body.

## WEEK TWO - OUR FANTASTIC ELASTIC BRAIN - TOP DOWN APPROACH TO CALM

We will look briefly at how our thoughts can override our body's innate ability to find the calm within. We will look at how we have the power to change our thoughts, understand they are not fixed and not who we are.



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### WEEK THREE - BOTTOM UP APPROACH TO CALM

There is a lot of research affirming that we hold stress in our bodies and our experiences from our past can inform our present. For example if you start the day running late, it often makes you feel like you're playing catchup for the rest of it, or you're left feeling out of sorts. This can often be the emotional energy left in your body from waking late. We will learn how to release unhelpful emotions from the body to help ease our minds.

### WEEK FOUR - CONSCIOUS BREATHWORK

In our final week together we will learn the importance of the breath in our body mind connection. How conscious breathing instructs the body to gently apply the brakes, stimulating the relaxation response. Simply becoming aware of your breath, without seeking to control it, can bring us back to balance.

### FINAL WORDS

Included in the programme are weekly zoom calls with myself - at a time that is convenient to you. You will receive weekly challenge sheets to help carve out a daily practice, personal to you.

The total cost of the 1:1 programme is £200.00

**If you have any further queries please do not hesitate to contact me [Louise@thecalmfolk.co.uk](mailto:Louise@thecalmfolk.co.uk)**



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