



30-DAY NERVOUS SYSTEM WELLBEING CALENDAR

AN ESSENTIAL GUIDE FOR BURNT-OUT
(OR NEARLY BURNT-OUT) PROFESSIONALS
WHO SEEK RADICAL WELLBEING



FAYE LAWAND

WELCOME TO A MODERN, EFFECTIVE APPROACH TO RADICAL WELLBEING

Wellbeing that is experienced and manifest in your health, career and relationships.

Your nervous system is designed to support your intention for radical wellbeing – it really is!

When the nervous system is in balance, you feel happy, healthy and well. Everything just flows and life is easy.

When your nervous system is overloaded, stressed or out of balance, you feel the opposite. This can:

Disrupt sleep,
digestion and
immunity.



Leave you
feeling angry or sad
a lot of the time



Cloud your thinking
and decision-making,
making it harder
to focus and
get things done



Leave life feeling like
it's lacking in joy,
meaning or balance

LIFE CAN FEEL LIKE A STRUGGLE WHEN YOUR NERVOUS SYSTEM IS AGITATED.

The **GOOD NEWS** is that your nervous system is biologically hardwired to offset these negative effects and to restore a sense of balance to the mind, body and emotions.

It is designed to reset, to recover and to recharge. However, the nervous system cannot recharge on its own. It needs specific inputs and signals to flip the switch.

THIS 30-DAY CALENDAR IS ALL ABOUT **FLIPPING THE SWITCH.**

It's packed-full of proven, easy-to-do practices that are aimed at flipping the switch to recharge the nervous system and shift what's happening on the inside so you can feel better on the outside.

These are the same exact practices that I teach in my live events, trainings, courses and to my private clients.

And now I'm delighted to share these with you too!

*To your wellness,
Faye*

**“Look to the
nervous system
as the key to
maximum health.”**

-Galen
Ancient Greek Surgeon + Philosopher



HOW TO USE YOUR 30-DAY CALENDAR

First, I suggest you print out your calendar and keep it somewhere handy. You can have it by your bed, on the bathroom mirror, or posted on the fridge door. I've had clients download the calendar as a screen saver so that they're regularly reminded of ways to care for their nervous system throughout the day.

Commit to doing 1 practice a day.

You can do the practices in any order that you like. There is no prescribed sequence. To get the most out of your 30-day calendar, there are 3 simple rules to follow:

RULE #1

Do 1 practice a day. Check it off in the square box on the calendar page.

RULE #2

Check in with how you feel **DAILY**. Every day, ask yourself the question – **How am I feeling today?** Without trying to push away anything or without trying to make anything happen, just notice your general vibe on that particular day. Use the scaling guide underneath each of the daily practices to note how you feel. On a scale of 1 to 5 (with 1 being lousy and 5 being great), circle the number that best describes your general vibe TODAY. Don't overthink this – just go with the first number that comes to mind! The simple practice of daily check-ins can do wonders for your relationship with your nervous system.

RULE #3

is related to rule #2. Get into the habit of tracking your nervous system. After each of the micro-practices, PAUSE, go inside your body and NOTICE what's happening INSIDE the body. Track + notice bodily responses such as:

- Yawns
- Spontaneous deepening of the breath
- An impulse to sigh
- Moisture building inside my mouth
- Tingling sensations in my body, especially my fingertips
- A heavy downward feeling of gravity in the body

And finally, remember to join the Private Facebook Community Page – **THE NERVOUS SYSTEM WELLNESS TRIBE** - <https://www.facebook.com/groups/nervoussystemwellnesstribe>. This is the place to receive FREE support, inspiration and guidance on your journey to rebalance your nervous system for radical wellbeing. I'll be running Live Q+A, Weekly videos and providing you with support so you can get the most out of your 30-day calendar.

Let's get started !



30 DAYS TO RADICAL WELLBEING

<p>1 <input type="checkbox"/></p> <p>Watch (or rewatch) the documentary Heal on Amazon Prime</p> <p>① ② ③ ④ ⑤</p>	<p>2 <input type="checkbox"/></p> <p>Introduce lavender essential oil to your routine</p> <p>① ② ③ ④ ⑤</p>					
<p>3 <input type="checkbox"/></p> <p>Switch off all devices (including news channels) 15 minutes before bed</p> <p>① ② ③ ④ ⑤</p>	<p>4 <input type="checkbox"/></p> <p>Delay switching on the phone at least 15 minutes after you wake up</p> <p>① ② ③ ④ ⑤</p>	<p>5 <input type="checkbox"/></p> <p>Increase Heart Rate Variability. Balance your inhalations with exhalations</p> <p>① ② ③ ④ ⑤</p>	<p>6 <input type="checkbox"/></p> <p>Love your spine. Move it daily. Bend down and back, to the sides, twist right and left</p> <p>① ② ③ ④ ⑤</p>	<p>7 <input type="checkbox"/></p> <p>Spend 10 minutes outdoors WITHOUT your phone. Pay attention to the rhythms of nature</p> <p>① ② ③ ④ ⑤</p>	<p>8 <input type="checkbox"/></p> <p>Prioritise Digital Discipline. Download one of the apps to manage social media consumption.</p> <p>① ② ③ ④ ⑤</p>	<p>9 <input type="checkbox"/></p> <p>Boost your circadian rhythms. Take a nap – guilt-free!</p> <p>① ② ③ ④ ⑤</p>
<p>10 <input type="checkbox"/></p> <p>Get out of focal vision. Look out into the horizon. Open your peripheral vision.</p> <p>① ② ③ ④ ⑤</p>	<p>11 <input type="checkbox"/></p> <p>Avoid, reduce or eliminate caffeine and alcohol and notice the difference</p> <p>① ② ③ ④ ⑤</p>	<p>12 <input type="checkbox"/></p> <p>Engage your sense of hearing. Practice sound awareness.</p> <p>① ② ③ ④ ⑤</p>	<p>13 <input type="checkbox"/></p> <p>Spend quality time with someone you can be your true self with (in person or online)</p> <p>① ② ③ ④ ⑤</p>	<p>14 <input type="checkbox"/></p> <p>Do Legs-Up-the-Wall for 10 minutes. Option to pair it with a guided meditation</p> <p>① ② ③ ④ ⑤</p>	<p>15 <input type="checkbox"/></p> <p>Move your vagus nerve. Massage the skin of your scalp</p> <p>① ② ③ ④ ⑤</p>	<p>16 <input type="checkbox"/></p> <p>Commit to a 5-minute guided meditation practice – morning and/or evening.</p> <p>① ② ③ ④ ⑤</p>
<p>17 <input type="checkbox"/></p> <p>Laugh your head off</p> <p>① ② ③ ④ ⑤</p>	<p>18 <input type="checkbox"/></p> <p>Remember to check in with yourself today – and everyday</p> <p>① ② ③ ④ ⑤</p>	<p>19 <input type="checkbox"/></p> <p>Take ice baths and/or cold showers</p> <p>① ② ③ ④ ⑤</p>	<p>20 <input type="checkbox"/></p> <p>Let go of grudges and hurt from the past</p> <p>① ② ③ ④ ⑤</p>	<p>21 <input type="checkbox"/></p> <p>Recall a time or a place you felt really okay and revisit it in your memory morning and night</p> <p>① ② ③ ④ ⑤</p>	<p>22 <input type="checkbox"/></p> <p>Listen to sound frequencies such as Schuman Resonance which enhance brain wave activity</p> <p>① ② ③ ④ ⑤</p>	<p>23 <input type="checkbox"/></p> <p>Self-massage your jaw, cheeks, forehead and Yin Tang Point between the eyebrows</p> <p>① ② ③ ④ ⑤</p>
<p>24 <input type="checkbox"/></p> <p>Develop a felt-sense of safety</p> <p>① ② ③ ④ ⑤</p>	<p>25 <input type="checkbox"/></p> <p>Shake off the physical tensions from the body.</p> <p>① ② ③ ④ ⑤</p>	<p>26 <input type="checkbox"/></p> <p>Increase vestibular movement practices such as swinging, trampolining or rocking</p> <p>① ② ③ ④ ⑤</p>	<p>27 <input type="checkbox"/></p> <p>Replace should with could. I could go to the gym NOT I should go to the gym</p> <p>① ② ③ ④ ⑤</p>	<p>28 <input type="checkbox"/></p> <p>Get your Magnesium and Vitamin B levels checked out</p> <p>① ② ③ ④ ⑤</p>	<p>29 <input type="checkbox"/></p> <p>Balance yang with yin. Practice full-moon gazing</p> <p>① ② ③ ④ ⑤</p>	<p>30 <input type="checkbox"/></p> <p>Do the inner work. Resolve your internal conflicts</p> <p>① ② ③ ④ ⑤</p>

**“The great thing then,
in all education, is to make
our nervous system our ally
instead of our enemy.”**

-William James,
Philosopher, Historian and Psychologist





About the Author **FAYE LAWAND**

Faye is known as New Zealand's Trusted Internal Conflict Resolution Expert and coach for burnt-out (or nearly burnt-out) professionals. She is a Trauma Recovery Expert, Stress Elimination Specialist, Relaxation Coach, Speaker, Trainer and global citizen. Faye brings back life's ease and excitement for the professional woman who's feeling tired, wired or uninspired, by harnessing the magic of the subconscious mind and nervous system to banish trauma, fatigue and depression.

Faye was born into chaos and strife in the Middle East, burned out 3 times in a row, and battled with chronic conditions most of her life. But when the traditional solutions failed her, she sought out her own.

After 15 years of research & training, she founded The Tiredness Solution™, an integrative 9-step formula that's helped her clients and students quiet their minds and finally feel like themselves again, by dispelling the internal conflicts rooted in the nervous system and subconscious mind.

And now, her mission is to help others who are feeling tired, wired or uninspired to find peace as well, because she firmly believes that when we're all living the life we want, we can build a kinder, happier world.

Faye is a global citizen who has lived in 13 countries, speaks 4 languages and is passionate about wellness and holistic healing.

Find out more about working with Faye at www.fayelawand.com

Join our Facebook Community - The Nervous System Wellness Tribe
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