



Eva Fenrich & Marc Heusser: Less Stress in Everyday Life by Coming Back to your Rhythm!



Explore the natural cycle of the nervous system with [Eva Fenrich](#) (Somatic coach) and [Marc Heusser](#) (Psychotherapist and Somatic-Experiencing practitioner). Become aware of your own patterns in this cycle and learn how paying attention to your body can assist you in following a more natural rhythm to reduce stress and enjoy more the roller coaster of life.

TOP EMBODIMENT TIP:

Marc Heusser: Take a deep breath, sit and do nothing, and allow your attention to wander wherever it wants to.

Eva Fenrich: Pay attention to your what's going on around you, your thinking and your body. Bring curiosity to all that you do and stay open to what might be possible.

Somatic Experiencing: A trauma treatment methodology

- A therapy developed by Peter Levine to deal with trauma.
- Begin by understanding current stress levels; Learning for change is optimum when not stressed.
- Becoming aware of the body's sensations and expressions; Body stores trauma and thus is the best place to begin healing.

The 5 Phases of Autonomic Nervous System (ANS) Regulation:

1. **Rest**
 2. **Readiness**
 3. **Action**
 4. **Action/Interaction**
 5. **Integration**
- This cycle occurs throughout the waking day, it may occur over a moment, or over several hours.
 - This is a natural cycle that both mammals and children move through effortlessly to regulate the nervous system

Tricky Transitions: There are two main transitions within this cycle where we typically get stuck.

1. The Transition between Readiness and Action: It is very common due to fear, reluctance or excitement to jump straight from rest into action without giving time for preparation in the essential phase of readiness.
2. Action/Interaction to Integration: A common habit is to move directly from action into rest (often into a collapsed rest). This doesn't allow for experiences to be integrated in the body.

Riding the Roller Coaster: Learning to identify which phases we skip/get stuck in can assist us in finding solutions for regulating and supporting our nervous system.

- Bring attention to your cycles, become aware of which phases are skipped and where support is required.
- Paying attention to what happens to our bodies in each of these phases can offer clues as to what kind of support we need to move through each phase of the cycle effortlessly: learn to better regulate our nervous system.

Resources

- ❖ **Website:** [Marc Heusser](#) / [Eva Fenrich](#)
- ❖ **Facebook:** [Eva Fenrich Coaching](#) / [Marc Heusser Psychotherapist](#)
- ❖ **References:** [Bessel van der Kolk: The body keeps the score](#) / [Peter Levine Somatic Resourcing](#) / [Alé Duarte: Tune in to children](#) / [Marc Heusser: The Body: Foundation of the Script](#)



Eva Fenrish



Marc Heusser





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