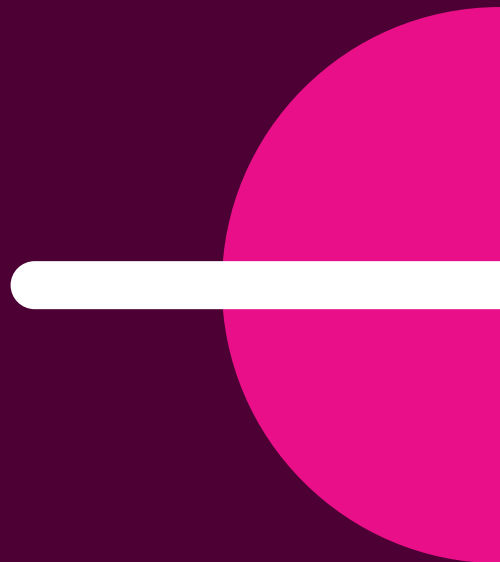


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# NERVOUS SYSTEM FUN FACTS





# 1. OUR NERVOUS SYSTEM NEEDS TO TRUST US BEFORE IT WILL LET GO.

If our body doesn't consistently experience us giving it cues of safety – daily, it won't exit survival mode — no matter how much mindset work we do.

Regulation begins when our system trusts us to not override it.





## 2. BEFORE WE CAN SELF-REGULATE, OUR NERVOUS SYSTEM NEEDS TO CO-REGULATE.

When our nervous system has been exposed to chronic stress, it may not be able to self-regulate on its own.

Our nervous system will likely need to borrow calm from someone else first — through voice tone, presence, or touch.

That's not weakness. It's how our biology is designed.





### 3. EVERY MICRO-MOMENT OF CALM REWIRES OUR SYSTEM.

Neuroplasticity doesn't happen with big breakthroughs. It's consistent 60 seconds of real safety, repeated throughout the day, that builds new neural pathways.

Our system learns by repetition, intensity unravels it.







## 4. OUR NERVOUS SYSTEM MIRRORS THE PEOPLE AROUND US.

Our nervous system picks up on the state of people around us — whether we're aware of it or not. Thanks to mirror neurons, our body tends to match the emotional tone of others.

If we're around stress, our system feels it.  
If we're around calm, our system begins to settle.

Regulation is contagious. So is nervous system dysregulation.

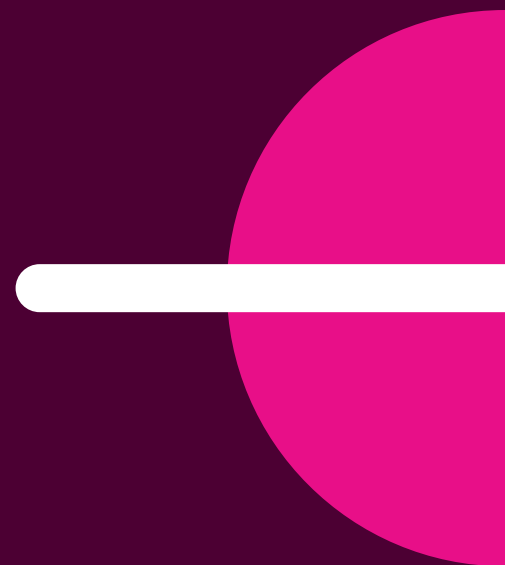




## 5. NERVOUS SYSTEM REGULATION IS RELATIONAL INTELLIGENCE.

Co-regulating others is a skill — and it starts with our own regulated nervous system.

It's how we build empathy, connection, and emotional maturity. When someone helps us feel safe, our nervous system learns what safety feels like — so we can give that same steadiness back to others.





## 6. BABIES CAN'T SELF-REGULATE – AND RARELY CAN DYSREGULATED ADULTS.

In infancy, our only way to regulate is through caregivers. When we're in a survival state as adults, the same biology applies.

We require external support before internal tools can work.



**I CHANGED MY LIFE  
MORE IN THE FIRST  
12-WEEKS OF NERVOUS  
SYSTEM REGULATION  
PRACTICE, THAN IN THE  
ENTIRE 15 YEARS PRIOR.**

Nervous System Intelligence is fundamental to a person's quality of life, and yet it is so hard to find.

This is me, doing my part to change that. 💪

▶ **[NervousSystemEconomy.com](https://NervousSystemEconomy.com)**

▶ **[whoturnedthelightson.com](https://whoturnedthelightson.com) (podcast)**

▶ **[shannoneastman.com](https://shannoneastman.com)**