

Free
EBOOK

4

SURPRISINGLY
SIMPLE STEPS TO

Calm
Overwhelm

AND OUT OF
CONTROL EMOTIONS

IRENELYON

4 Surprisingly Simple Steps

TO CALM OVERWHELM & OUT OF CONTROL EMOTIONS

Thank you for saying YES to this 4-step exercise and going one step further toward finding greater peace of mind and comfort in your body. I've been helping people for nearly (gulp!) twenty years, with this work, and after all this time I'd say that these simple steps are fundamental when it comes to being more present with yourself and embodied so you can successfully and SAFELY process intense emotions, overwhelm and stressful situations.

(To download the exercise, simply click on the pink button below. If it does not download for any reason, please contact my support team at support@irenelyon.com and we would be more than happy to help!)

CLICK HERE FOR AN AUDIO
DOWNLOAD OF THE 4 STEPS >

Learn more by visiting my free resources page where you'll find other ebooks, audio downloads and my self-study online

programs that you can start at anytime so you can begin your nervous system healing journey. [Go there now >](#)

When to use this exercise?

1. AS A BODY-BASED MEDITATION WHEN YOU ARE NOT STRESSED OUT

One of the best times to do this is when you feel OK. When the overwhelm is not high. This helps build helpful neuropathways

that will come in handy when you DO get stressed out. Think of it as building a savings account for stressful situations. :)

2. WHEN THAT SUGAR OR CAFFEINE CRAVING CREEPS UP

Use this exercise throughout your day, or your workday, so you can lower your stress hormones. (I bring up stress hormones in step #4.)

By re-centering with your body, in the way I'll be teaching you, it can help reset your stress levels and possibly curb that desire

for that rush that sugar and caffeine provide. Practice this frequently and it can keep you from hitting burnout.

(BTW: this could show you how tired you are. If that is the case and you can take a rest or power nap, I would highly recommend doing so.)

3. TO OPEN UP FLOW IN YOUR BODY

When there's flow between your brain, body and all the in-betweens, your quality of life, not to mention your work creativity and productivity, improves dramatically. But, when you are stuck in head-mode ONLY and you never integrate your body into your thinking process, you lose out on the wisdom of your body.

NOTE

Even if you LOVE your work it's such a common trap to get immersed "IN IT" and disconnected from your body. Put the body together with your brain and a whole lot of magic can happen. Trust me on this one.

4. WHEN YOU ARE OVERWHELMED, NERVOUS AND/OR NEED TO CALM DOWN

Do you tend to wait until the end of the day or the weekend to relax? Do you power through when something throws you off your game emotionally - waiting for that "right time" to deal with it and come down? When this happens the overwhelm builds up in the body (think of a cup overflowing with water... once it's full, you can't put anymore in it.)

When this is the norm (over months, years and even decades) it wears your body out. Stress hormones stay "ON" for too long and damage your cells. Important body systems

like the digestive, immune and heart systems are constantly taxed and in stress mode 24/7. When they never have time to repair and regenerate, it leaves them weak and susceptible to illness.

By bringing the stress responses DOWN multiple times throughout the day your body and brain have a better chance to recoup and repair.

The result = greater health, energy and less illness long term.

5. SAVE THIS AUDIO TO YOUR IPHONE OR IPOD

Have this audio exercise nearby so that you can use it as soon as you feel the pangs of nervousness and overwhelm. Practice coming back to your body. Feel the overwhelm rather than ignoring it and pushing through it. Or, breathing it away.

Just press play to reconnect with your body and let the stress levels decrease naturally.

Give this a try for 3-4 days in a row and see if you start to notice things shifting in your overall body tension and in your emotional health.

6. PRINT OUT THE FINAL CHEAT SHEET

Print out the following page as a handy reminder to follow these steps. Or, print out a few and strategically put them in your daytimer, on the fridge, by

your bedside table, on your work desk etc., so you see these 4 steps and you are reminded to practice.

4 Surprisingly Simple Steps

TO CALM OVERWHELM & OUT OF CONTROL EMOTIONS

CHEAT SHEET

1

STEP 1: LISTEN TO YOUR BREATH.

Don't change it. Just listen. Notice it. Soften the face and jaw.

2

STEP 2: FEEL YOUR FEET ON THE GROUND.

Stay with Step 1, while feeling your feet on the ground.

3

STEP 3: BRING ATTENTION TO YOUR HANDS. YES, YOUR HANDS. JUST FEEL THEM.

Stay with Step 1 & 2, and notice your hands. Gently feel your skin, contours.

4

STEP 4: NOTICE YOUR PELVIS AND LEGS.

Stay with Steps 1-3, and bring focus to your lower body. Feel the lower body's strength and support.

BONUS STEP:

Look around. Feel your eyes, head and neck move very slowly.

Stay connected to Step 1-4 while you see your environment.

Repeat as needed.

Remember, the overwhelming sensations and emotions that you experience are there for a reason. They aren't bad. Our body experiences, no matter how extreme and uncomfortable, are not to be seen as negative, or something to try to get rid of (this is where we get into trouble). They're an opportunity for us to grow and learn.

The key to lessening the intensities of overwhelm is to BE WITH the intensity. And, to do this safely, getting back into the body is vital. We've trained an entire species - humans - to have very little skill when it comes to experiencing our very own birthright: our bodily experience. There's a whole lot of medicine inside of you and accessing it starts with these 4 steps.



Irene Lyon

PROFESSIONAL BIOGRAPHY

Irene Lyon, MSC. and nervous system expert, teaches people around the world how to work with the nervous system to transform trauma, heal body and mind, and live full, creative lives. To date, her online programs have reached thousands of people in over 60 countries. Irene has a Master's Degree in Biomedical and Health Science and also has a knack for making complex info easy for ALL of us to understand and

apply to our lives. She has extensively studied and practices the works of Dr. Moshé Feldenkrais, Peter Levine (founder of Somatic Experiencing) and Kathy Kain (founder of Somatic Practice). Irene spends her free time eating delicious food, hiking in the mountains or walking along the Pacific Ocean in her hometown of Vancouver, British Columbia.

