



STRESS & ANXIETY RESET MANUAL

Take your first step toward Nervous System Regulation with a 6-Minute
Anxiety Reset & a Stress Releasing Mindfulness Meditation



ABOUT

Jane Alexander
Mindfulness & Somatic Healing Expert

As a certified Sound Healing & Somatic Breathwork Facilitator and Somatic Healing Coach, Jane is dedicated to empowering individuals to reclaim calm and balance in their lives. With a trauma-informed and somatic approach to healing that blends various somatic healing modalities, Jane supports her clients in managing stress and anxiety levels and in healing body and mind. Her highly transformative offerings are designed to alleviate tension, promote relaxation, and build resilience, enabling individuals to navigate life's challenges with clarity, trust and a regulated nervous system.



STRESS & ANXIETY RESET MANUAL

Anxiety, depression, overwhelm and insomnia are symptoms of a dysregulated nervous system. We offer trauma informed and somatic classes that target symptoms at their root to balance the nervous system, to help integrate trauma and to heal body and mind. Our transformative healing modalities will not only accelerate your healing journey, but will also allow you step with resilience, calm and balance into each day.

6-MINUTE ANXIETY RESET



ANXIETY RESET through Breath

If you need more clarity, inner stillness and relaxation, this 6-Minute Breathwork Practice is for you. Sit down on the floor to ground your body, sit straight in a comfortable seat, close your eyes and place a hand on your heart and a hand on your lower belly to reconnect with your body. Feel into your chest rising and falling. Feel into your belly rising and falling. Now set a timer for 3 minutes and start taking deep breaths in and out of the mouth all the way down into your belly to clear out the emotion you are feeling. Focus on the emotion you are feeling and where you are feeling it in your body and consciously send your breath to the areas where you feel the emotion. After the 3 minutes take a moment to notice what has shifted, set the time to 3 more minutes and start taking deep breaths in and out of the nose. Try to allow yourself to deepen your breath by focusing on expanding your belly more and more with every breath. Nose breathing is calming down an activated nervous system and will slowly help quiet down an anxious mind. With our breath, we can signal our body that we are safe and regain inner clarity and peace. After the 3 minutes take another moment to notice what has shifted in your body and in the way you feel before you open your eyes. A recorded version with Somatic Grounding Practice can be found here: <https://youtu.be/IEUVgtzJORo>

6-MINUTE STRESS RESET



STRESS RESET through Sound

If you cannot calm your mind, Meditation and Sound offers you a powerful way to bring more stillness to body and mind. For Meditation you can utilize a Mantra. A Mantra is a short and repeated syllables that gives the mind something to focus on as you repeat the mantra, while the unrecognized syllables gently move you into a meditative state that calms intrusive thoughts and anxiety. Sit down on the floor to ground your body, sit straight in a comfortable seat and place a hand on your heart and a hand on your lower belly to reconnect with your body. Feel into your chest rising and falling. Feel into your belly rising and falling. Take 3 deep breaths in and out of your nose to get centered, set an intention for your practice by stating in your mind how you do want to feel and start repeating the mantra. You can say it out loud or you can speak it in your mind. Once you memorized the mantra, you can close your eyes and repeat the mantra to further deepen your practice. Repeat the following mantra for 6 minutes to lower stress and anxiety and to calm your mind. You can repeat the mantra for up to 15 minutes as you become more familiar with it: Hari Om, Nam Lam, Mam Vam, Sim Ram, Vam Yam, Yam Ham, Shiva Om, Swaha. Source of the mantra is the powerful book "Sound Medicine" by Kulreet Chaudhary, MD. A guided Meditation with Sound Immersion can be found here: <https://www.tan-atara.com/stressandanxietyreset>



DISCLAIMER

As with every self-care routine use discernment and stop the practice right away if any physical or mental symptoms are rising that make you feel uncomfortable and get back to the practice when you feel ready. This will teach your body that you listen to what it is showing you and creates self-trust.

OUR PROMISE

Challenging experiences, stress and trauma dysregulate our nervous system. A dysregulated nervous system state can manifest in the body as autoimmune conditions, anxiety, depression, insomnia or restlessness. The fastest way to regulate the nervous system and to bring body and mind back to balance is through Somatic Practices. When the “Soma”, the body shows symptoms of dysregulation, it is through working with the body that we can heal the cause effectively. Our body is the key to our healing. Tanatara Healing LLC offers transformative wellness experiences and products that will help you get to your wellness goals the most effective way possible so you can move through life with balance and ease. Whether you are looking to relax body and mind, reset your nervous system or transform your mind-body health, we are here to support you. We cannot wait to have you join one of our transformative wellness classes or utilize our highly sought after healing products.

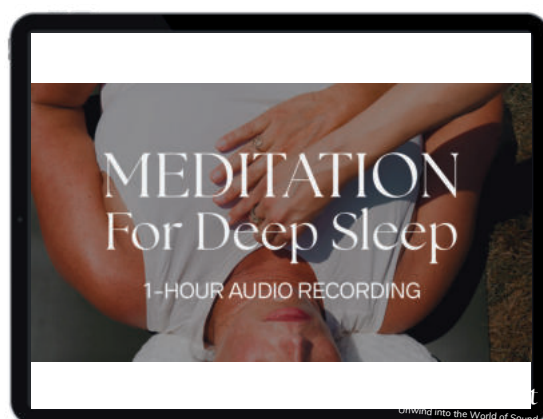
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READY TO DIVE FURTHER INTO YOUR HEALING JOURNEY?

Get a copy of our Guided Journals, listen to our Guided Meditations,
or join one of our transformative Wellness classes



THE 5-MINUTES TO HEAL JOURNAL

A guided Journal with a trauma-informed approach to healing
and to deepen the connection of body and mind.



THE 5-MINUTES TO GROW JOURNAL

A guided Journal with a somatic approach to healing to
transform challenges into power.



MEDITATION FOR DEEP SLEEP

A 1-hour recording incorporating a highly effective sleep
promoting meditation immersed in sound.



CLASSES & EVENTS

We offer trauma-informed and somatically-led classes to
reset the nervous system and to heal body and mind.