




A Simple  
**Regulation Guide**  
for **Overwhelmed**  
**Nervous Systems**

Gentle, body-led tools for everyday life




Gigi Crestani





## About Me



My name is Gigi Crestani.

I am a somatic healing coach.

I didn't come to this work because it sounded interesting. I came to it because my body left me choice.

I'm neurodivergent, and I live with a history of complex trauma. For a long time, my nervous system was in constant survival mode.

At first, everything looked fine on the outside. I was functioning. Working. Pushing through.

But inside. I was exhausted, disconnected, and running on pure willpower.

Until I wasn't anymore.

My body eventually went into complete collapse — physically, emotionally, and energetically. Every system that had been compensating finally shut down.

I didn't "bounce back."  
I didn't mindset my way through it.

I had to learn—slowly and honestly—how to come back into my body.

How to regulate instead of override.


How to rebuild safety from the inside out.

Today, I've supported hundreds of women in doing the same, coming out of survival mode, reconnecting with their bodies, and building lives that don't constantly cost them their health.

I hope this E-book will bring you lots of healing!

Love, Gigi

This guide is educational and supportive in nature. It does not replace therapy, medical, or mental health care.



# How the Nervous System Works

Your nervous system's job is to **keep you safe** — to constantly scan for danger and flip you into action when you need it.

STRESS ACTIVATES

REST RESTORES



ACTIVATION



Your body **fires up** to handle real or imagined danger

RECOVERY

Your body **calms** back down and recovers energy

Nervous system regulation means:

- ✓ Helping your body come back to safety
- ✓ Being able to **find balance** \*again and again\*
- ✓ Returning to calm after daily stress

“Regulation is not fixing yourself.  
It's helping your body feel safe enough to settle.”



## Welcome to the World of Somatics

Why working with the body makes regulation easier — and more effective

If you're new to the word somatics, you're not alone.

It's not a trend.

It's not something mystical.

It's simply a different starting point.

### What somatics means

Somatic work means working from the body up, not only from the mind down.

Instead of trying to calm your thoughts first, you support the body in sending signals of safety — so the mind can follow.



your brain is constantly listening to:

- ✓ muscle tension
- ✓ posture
- ✓ breath
- ✓ movement
- ✓ internal sensations.

### From “calm down” to “come down”

So when we say:

“Come down from the body” we mean:

- ✓ lowering tension through movement.
- ✓ letting the body complete stress responses
- ✓ giving the brain new signals of safety

This is why the next pages focus on what to do with the body first, depending on how you feel.

This somatic approach is the foundation of my work — in coaching, classes, and the free practices I share online.

On my socials and YouTube, you'll find many free, simple somatic practices to help you regulate in a practical, body-led way.

Regulation doesn't start in the head. It starts in the body.



## Wired / Anxious / Irritated?

Why resting can feel impossible when you finally stop

Have you ever noticed this?

You're exhausted.

You've been going all day.

- Work.
- Messages.
- Kids crying.
- People needing things.
- You keep pushing because you have to.

And then... finally... you stop.

You lie down.

You have time to rest.

And suddenly your head is screaming.

Your body won't switch off.

You feel wired and tired at the same time.

This is the moment many women think:

"What's wrong with me?"

Why can't I just relax?"

But this reaction actually makes sense.



### MOVE FIRST

Before you try to rest, try one of these:

- ✓ a short walk.
- ✓ shaking out your arms and legs.
- ✓ stretching your body
- ✓ doing something simple like tidying or dishes.
- ✓ doing yoga, a workout, or jumping jacks — get your heart rate up

This helps the body release what it's been holding all day.



### THEN REST

After movement rest changes.

- It becomes quieter. More available. Easier to receive.

If rest feels hard at the end of the day, it doesn't mean you're broken.

It means you've been in survival mode for too long and you need to learn how to regulate your nervous system.



## Heavy / Flat / Sad?

When everything feels slow, dull, or too much

Sometimes it doesn't feel like anxiety.

it feels like:

- a heaviness in your chest
- low energy in your limbs
- a foggy head.
- a desire to withdraw.
- everything taking more effort than it should.

You're not buzzing.

You're not restless.

You're flat.

Drained.

Quiet in a heavy way.



In this state, your body isn't asking for release.

It's asking for support.

Pushing yourself harder here — high intensity workouts, forcing motivation, "powering through" — often makes things worse.

Not because you're weak.

but because your system is already depleted.

When you feel heavy, flat, or sad, your body doesn't have excess energy to discharge.

- ✓ overwhelming
- ✓ emotionally numbing.
- ✓ disconnecting
- ✓ or lead to a deeper crash later



This is not the moment to push.

This is the moment to meet the body where it is.

If you feel heavy or flat, you don't need more effort.

You need permission to slow down without giving up on yourself.



## Heavy / Flat / Sad?

Move a little → Then rest

If you're feeling heavy, flat, or sad, the body's signal is different.

You don't need discharge.

You need gentleness.



### MOVE A LITTLE

When everything feels too much, start with small, somatic intentions.

Here are gentle, body-led options:

- ✓ gentle stretching on the floor
- ✓ soft swaying or rocking
- ✓ a short, slow walk outside
- ✓ lying with a warm pillow on your chest



### THEN SLOW REST

Now rest becomes more possible.

- ✓ lying down for 10–20+ minutes
- ✓ sit with a blanket, cup of tea, or gentle music
- ✓ simply breathing without expectation or performance



Rest here can feel like getting held, not efforting.



On my socials and YouTube, you'll find lots of free, gentle practices to help you regulate in a calm, somatic way.

# The Core Truth

## Why rest doesn't always rest you

Sometimes you finally stop.  
You lie down.  
You "rest."

But instead of feeling better, you feel:

- more restless
- more emotional
- more tired
- or strangely wired

This doesn't mean you're bad at resting.  
It means your body is **still activated**.



### What's actually happening:

When you're stressed, your nervous system goes into action.  
Your body prepares to **do something** – solve, protect, respond, survive.

That activation creates energy in the body.

If you try to rest **while** that energy has nowhere to go,  
your nervous system doesn't know how to settle.

Stress → Discharge → Rest

Not: Stress → Rest



### For example:

- ✓ a short walk before lying down
- ✓ stretching before meditation or yoga nidra
- ✓ shaking out your body before the couch.

If rest feels hard, nothing is wrong with you.  
Your body is just asking for the right order.



# The Quick Check

Ask first: Do I need discharge or rest?

## Discharge if you feel:

- ★ jumpy, wired, anxious
- irritated, overwhelmed
- tense, buzzing

This doesn't mean you're bad at resting.  
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↔ Which one? ↔

## ⚡ Discharge if you feel:


- jumpy, wired, anxious
- irritated, overwhelmed
- tense, buzzing

## 🌙 Rest if you feel:

- fried, flat, sad
- exhausted, numb
- burnt out, down



If you want guidance, on my **YouTube channel** you'll find many free, gentle practices to help you discharge stress and come back to calm in a body-led way.



## Examples of Regulation Practices

To help you feel more settled and present

### If you feel anxious, wired, irritated...

These help you discharge energy with dynamic movement.

- ✓ Walk outside briskly
- ✓ Shake out tension from your arms, hands, and body
- ✓ Bounce or jog on the spot
- ✓ Dance, jump, or move around




### If you feel depressed, lethargic, drained, exhausted, heavy...

These help you feel gentle movement → then sink into soothing rest.

- ✓ Stretch on the floor, resting over pillows
- ✓ Lie down with a warm pillow on your chest
- ✓ Rock very slowly, holding a pillow
- ✓ Sit with a blanket, hot drink, soothing music



♥ You'll find lots of free material on my Instagram and YouTube to walk you through these practices when you need. ♥





# Your Daily Regulation Menu

Simple somatic options for calm and clarity



## Morning

- ✓ Slow wake-up – stretch in bed
- ✓ Gentle floor movement
- ✓ Tapping + shaking
- ✓ Breathing into the body

Welcomes you into the day.



## Afternoon

- ✓ Short body reset (shake, sway, or walk)
- ✓ 5–15 minutes of rest.
- ✓ Hands on chest, belly, or back

Restores capacity. Prevents the crash.



## Evening

- ✓ Gentle stretching, cat/cow
- ✓ Breathing with long exhales
- ✓ Hand on heart meditation.
- ✓ Sliding onto your back, hand on heart



Even 5–20 minutes each takes the edge off  
and makes everything brighter.

# Take shorter rests, more often

## Regulate before collapse and crash

Most people don't crash because they never rest.  
They crash because they rest too late.

They keep pushing,  
Ignoring signals.  
Waiting until the body forces a stop.



When you don't reset in between:

- stress keeps building
- tension accumulates
- fatigue deepens

You might still function –  
but your body is carrying the load.  
Eventually, it doesn't slow you down gently.

What happens when you reset earlier:

Short, intentional resets change the outcome.  
Instead of pushing until collapse,  
you pause before things spiral.




crash

### THE KEY PRINCIPLE

Resets work best when they match how you feel.  
There is no one-size-fits-all reset.

- If you feel wired, anxious, or irritated
  - discharge first through movement  
(walk, shake out, workout, get your heart rate up)
- After screen time
  - body reset first, then rest.

You don't need to wait for collapse to earn rest.  
Small resets, done often,  
protect your energy – and your health.



## *Ready to get out of survival mode?*

If this guide resonated with you, you may have started recognising some of the patterns your nervous system has been living in.

Many women discover through this work that they have been pushing through life for years without realising how much their body has been carrying.

And the cycle often looks something like this:

You wake up already tired.

You push through the day.

You keep functioning.

You handle everything that needs to be done.

From the outside, everything seems to be working.

But inside, your nervous system is carrying the load.

Many high-functioning women live in what I call the **push—crash cycle**.

You keep pushing through stress and responsibilities until your body eventually collapses into **exhaustion, tension, overwhelm or disconnection**.

The problem is not a lack of discipline.

It's that your **nervous system has been stuck in survival mode** for too long, and most people were never taught how to work with it.

## *The Nervous System Reset*

This is exactly why I created **The Nervous System Reset**.

A 4-week guided program designed to help high-functioning women step out of survival mode and reconnect body and mind.

You can learn more about the program here:

[www.movetoheal.nl/nervous-system-reset](http://www.movetoheal.nl/nervous-system-reset)

*You don't have to keep living in survival mode.*

## Closing Note

Regulating yourself doesn't mean fixing or perfecting.

It's the opposite.

It's treating your needs and your human experience as valuable as anyone else's,  
and taking care of your energy in a way that feels right for you.

You are an equal participant in your care.

You are a deserving member of your own life.

Gentle regulation is one way to tell your own body and nervous system:

I'm not giving up on you.

You might still get overwhelmed. You might still need help.

But even in those moments, you haven't failed yourself.

You see your own worthy humanness.

And you're responding with care, compassion, and presence.



You are enough, just as you are.

At the pace that feels right for you.

— ♥ With love, ♥ —

*Gigi*

# Stay Connected

If this guide resonated with you and you feel ready to go deeper, there are different ways we can continue.

## 1:1 Somatic Coaching

Personalised, nervous system-focused support to help you move out of survival mode and build a steadier internal baseline.

## Workshops

In-person and online spaces where we explore somatic tools, regulation practices, and nervous system education in community.

## Online Programs


Structured, science-informed guidance to help you integrate regulation into your daily routine.

## Free Practices on YouTube


You'll find free nervous system regulation practices, gentle somatic exercises, and educational videos here:

[https://www.youtube.com/@move\\_to\\_heal](https://www.youtube.com/@move_to_heal)


## Connect With Me


 Instagram (Healing & Nervous System Work)


@GigiCrestani


 Instagram (Women's Community & Movement)

@KnockoutLadies

 Website  
[www.movetoheal.nl](http://www.movetoheal.nl)  
(transitioning to Gigi Crestani)

 YouTube Gigi Crestani

 [www.movetoheal.nl](http://www.movetoheal.nl)  
(transitioning to Gigi Crestani)

 [contact@movetoheal.nl](mailto:contact@movetoheal.nl)

You don't have to do this alone.  
Healing is possible — gently, steadily, and at your pace.

With Love, *Gigi* ♥