



I'm not a robot

































Vagus nerve massage for stress and anxiety RELIEF Traumatization makes it harder for the vagus nerve to move the body out of fight-or-flight into regulation, but stimulating it can... Let me show you a super fast anti- In the last year so many of us have taken on DIY projects to enrich our lives. Why not let your do-it-yourself spirit apply to your... When life gets stressful, we often close off our heartsour chest tightens, our breathing shortens, and our energy contracts. Hi everyone! It is my pleasure to share this Here's something that's going to wind you down take away Did you know that your jaw holds some of the most Practical, science-based writing on the body, the nervous system, and feeling like yourself again. Join 19000+ readers: In this video Hannah Tosi, LICSW, RYT, and trainer at the Trauma Institute in Northampton, MA, guides a 12 minute More down here • Comment GUIDE and I'll give you the link to my Free Somatic Guide! This If you live with fibromyalgia or simply feel like your whole body aches this guided Join My New Program, Cohort begins June 28: Join my FREE 2-Day live event in June, 2026: ...