



ALI PHILLIPS WELLNESS

A Nervous-System Starter Guide

Simple, body-based practices for noticing and settling — something to carry with you between sessions.

PLACEHOLDER EDITION

The full guide is on its way. Swap `public/guides/nervous-system-starter-guide.pdf` for the final asset when it ships — the delivery flow keys off the filename.

BEFORE YOU BEGIN

Four ways in

There is no wrong way to use this. Read it slowly. Try one practice, not all four. Notice what your body says yes to, and leave the rest.

Orient

Let your eyes wander the room without hurry. Land on something you find pleasant — a color, a texture, the light. This tells your system it is safe to arrive.

Lengthen the exhale

Breathe in for a count of four; breathe out for a count of six. A longer out-breath gently nudges the nervous system toward rest. Repeat five times.

Feel your feet

Press both feet into the floor and notice the contact. Weight, temperature, support. Grounding through the soles brings you out of the story and back into the body.

Name it, gently

Quietly name what you notice — “tight shoulders,” “restless,” “tired.” Naming a state, without fixing it, softens its grip.

A NOTE TO CARRY

However you keep going

The practice becomes part of how you live, not a place you visit. A slow exhale in traffic. Feet on the floor before a hard conversation. These small returns add up.

If any of this stirred something and you'd like company for the work, the door stays open between sessions.

Explore the offerings, feel the practice in a room on the calendar, or simply reply to the email that brought you here — I read every one.