

# FROM OVERWHELM TO EASE

## *A Grounding Guide for Sensitive Souls*



**3 GENTLE SOMATIC TOOLS TO  
SOOTHE YOUR NERVOUS SYSTEM AND  
RECONNECT WITH INNER CALM**

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# WELCOME SENSITIVE SOULS

You're invited to take a moment to breathe, settle, and honor your sensitive nature. In a world that often feels loud and fast, your deep sensitivity is a gift — even when it feels overwhelming.

I'm Anya, a somatic coach and sensitive soul myself. I understand the challenges you face: the intensity of emotions, the heightened awareness, and the deep desire for calm.

This guide offers gentle, simple somatic tools — practices that help you soothe your nervous system, reconnect with your body's wisdom, and find ease in your daily life.

This isn't about fixing you — it's about empowering you to move through overwhelm with kindness and care.



## Why Grounding Tools Matter

When you're highly sensitive, your nervous system takes in more: sights, sounds, feelings — sometimes more than you can easily manage.

This can lead to overwhelm, exhaustion, or feeling “out of sync” with yourself.

Somatic (body-based) tools help you gently regulate your nervous system — that's the part of your body that controls your stress and safety signals.

Your body is not the problem. It's your greatest ally. These practices bring you back home — to safety, calm, and clarity.

# TOOL #1 — GROUNDING BREATH WITH SIGH



## **When to Use It:**

When your mind feels racing or your chest tightens.

## **How To Do It:**

1. Find a comfortable seat.
2. Take a slow, deep breath in through your nose — count to 4.
3. Let out a gentle sigh as you breathe out through your mouth.
4. Repeat 3–5 times, noticing how your body softens.

## **Why It Works:**

A deep breath signals safety to your nervous system and the sigh releases tension held in your body.

## **Try This:**

Notice what changes in your body after these breaths. Where do you feel more ease?

# TOOL #2 — HAND-TO-HEART HOLD



## **When to Use It:**

When emotions feel intense or confusing.

## **How To Do It:**

1. Place one or both hands gently over your heart.
2. Close your eyes if you feel comfortable.
3. Feel the warmth and steady rhythm of your heartbeat beneath your hands.
4. Breathe slowly and allow yourself to feel safe and held.

## **Why It Works:**

Touch activates your parasympathetic nervous system — your body’s “rest and digest” mode — bringing calm and reassurance.

## **Try This:**

Say quietly to yourself: “I am safe. I am held. I am enough.”



# TOOL #3 — ORIENTING THROUGH THE SENSES



## **When to Use It:**

When overwhelmed by thoughts or emotions.

## **How To Do It:**

1. Look around and name 3 things you can see.
2. Listen and name 3 sounds you can hear.
3. Feel 3 textures near you (e.g., your clothes, your chair, the air).
4. Breathe slowly and notice how your body responds.

## **Why It Works:**

Orienting your attention to the present moment helps shift your nervous system from reactive to calm and alert.

## **Try This:**

Use this tool anytime you feel swept away by overwhelm or anxiety.



# INTEGRATION & INVITATION

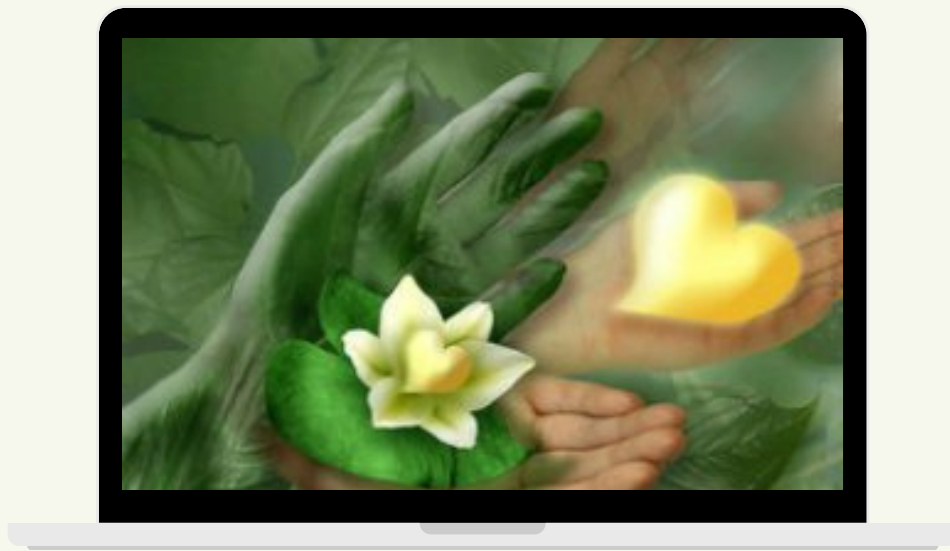
## **Let It Be Simple, Let It Be Yours**

Choose one tool that feels easiest to try right now. Practice it gently — even a few breaths or moments can make a difference.

Remember, you are not alone on this journey. Your sensitivity is a gift, and with these somatic tools, you can find calm, confidence, and connection within yourself.

If you'd like more support, you're invited to join my newsletter for regular tips, guided practices, and inspiration. Follow me on Instagram @dranyahricko for daily encouragement and community.

You can also book a free discovery session with me to explore your unique path to embodiment and ease. Visit [www.dranyahricko.com](http://www.dranyahricko.com) to learn more.



## Want to go deeper?

You're invited to a free monthly 30-minute somatic class to support nervous system regulation and inner calm.

🌀 Gentle grounding

👐 Connection & resilience tools

🌿 Held on Zoom the first Wednesday of each month

👉 You can register for the class using the link on the Thank You page.