

BELLE VIE™

Coming Back *Down*

A Nervous System Workbook

A COMPANION TO THE GUIDE
HOW TO COME BACK DOWN

YOU ARE ALLOWED TO REST

BEFORE YOU BEGIN

Your body has a brake.

Inside you is a system that decides, all day, whether you are safe. It speeds you up to meet a threat, then is meant to bring you back down. A healthy nervous system is not a *calm* one — it is a *flexible* one. Dysregulation is simply when the coming-back-down stops happening.

This workbook is a place to notice your own patterns and build a practice that returns you to steadiness. You cannot will your heart to slow — but you can reach the brake through breath, sound, movement, and the earth. Begin gently.

HOW TO USE THIS

1. **Notice first.** Page through the signs and mark what is true for you. Awareness is half the work.
2. **Build your menu.** Not every tool fits every body. Find the few that reliably settle *you*.
3. **Practice small and daily.** A few slow exhales most days beats an hour once a month.
4. **Be kind.** You are teaching a braced system that the danger has passed. That takes repetition, not force.

My Signs

Dysregulation hides in the body, the mood, the mind, and behavior. Check what shows up for you. One sign means little; a cluster, most days, is your body asking to come down.

IN THE BODY

- Racing heart for no clear reason
- Shallow, high-chest breathing
- Tight jaw, shoulders, or gut
- Waking at 3 a.m. wired
- Easy, jumpy startle
- Fatigue that sleep won't fix

IN THE MOOD

- Anxiety with no object
- A short fuse
- Tears too fast, or none at all

- Flat, numb, faraway feeling

IN THE MIND

- Racing thoughts
- Brain fog; rereading lines
- Tired but wired

IN BEHAVIOR

- Snapping at people I love
- Reaching to numb the buzz
- Going still and avoidant
- Doing more, feeling less

Part Two

My Early Warnings

The system rarely jumps straight to overwhelm. It whispers before it shouts. Learning your own first signals lets you catch the climb early, when it is easiest to come back down.

MY EARLIEST SIGNAL THAT I'M CLIMBING

The very first thing I notice — a tight chest, a clipped voice, a certain thought.

WHAT TENDS TO SET IT OFF

People, places, times of day, hunger, noise, the hours after a hard shift.

A SEASON WORTH NAMING — HORMONES AND THE NERVOUS SYSTEM

For many women, perimenopause and menopause tilt the system toward fight-or-flight — 3 a.m. waking, palpitations, anxiety, a shorter fuse, sleep that fragments. If this is your season, note it here. It is real, it is physiological, and the practices ahead still work.

Part Three

The Breath

Breath is the one switch you can reach on purpose. The principle: *a long exhale is the brake*. Keep these three close.

The Physiological Sigh — fastest in real time

Inhale through the nose, then sip a second small breath on top. Long, slow exhale through the mouth. Repeat 1–3 times.

Extended Exhale — for steady calm

In for 4, out for 6 or 8. Keep the exhale longer than the inhale. Five minutes resets the system gently.

Box Breathing — for feeling solid

In for 4, hold 4, out for 4, hold 4. The even rhythm steadies you under pressure.

Gentle always. If breathing makes you more anxious or lightheaded, stop and breathe normally.

THIS WEEK, I PRACTICED BREATH ON

MON	TUE	WED	THU	FRI	SAT	SUN
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part Four

My Calming Menu

Not every tool fits every body. Fill in the ones that genuinely settle *you*, so that on a hard day you are not deciding — only choosing from a list you already trust.

Breath

Sound

Movement

Nature & Earth

MY TWO-MINUTE RESET — WHEN THERE'S NO TIME

Part Five

The Daily Return

A little, most days. Note one practice and a word for how you felt after. You are not chasing perfection — you are teaching a braced system that it is safe to rest.

DAY	WHAT I DID	BEFORE (1-10)	AFTER (1-10)
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

WHAT I'M NOTICING OVER TIME

ONE LAST THING

*When you come down,
you give everyone near you
permission to come down too.*

A child borrows the calm of the steadier adult beside them. So does a partner. So does a patient. Tending your own system is not selfish. It is how you become the calm that others catch.