

Case Study: Katka, 2024

'I definitely feel much better than I was, miles better than where I was at the beginning of this year... I'm trying to be less triggered with everything that is happening around them, because there's a lot of stress connected to that. I feel like I don't react all the time.'

'When I feel that the anger is coming, I'll just try to sit with it for a bit, I guess, and then it helps to process better. I feel like in general, I feel much better... And deal with situations much better... More resilience, more capacity to just respond to things in slightly different ways... not that usual previous trigger reactivity that was just instant.'

Before: Following a traumatic separation and divorce, Katka found herself in a constant state of fight-or-flight. She was experiencing near-depression, anxiety, and was avoiding social interactions despite her work being highly social. Sleep disturbances were severe - she couldn't fall asleep in the evenings, woke frequently during the night, and needed daily naps at midday just to function. She described feeling exhausted with insufficient energy to get through the day, overreacting to situations under pressure, and struggling with patience around her children.

During Our Work: Through our nervous system regulation programme, we introduced practical somatic/body-based tools including weighted blankets, self-location practice of self-touch, and physical embodiment exercises resourcing her nervous system and the body. We worked on helping her recognise when her body was holding onto tension and developing the capacity to notice it. The work focused on creating a sense of safety in her nervous system, starting with simple practices like the fetal position for trauma release, and building her ability to notice and respond to physical sensations rather than being overwhelmed by them. This allowed her to reconnect with her emotional body and begin to gently feel her feelings without numbing or getting overwhelmed.

After: Katka has experienced significant improvements in her sleep quality and no longer requires daily naps to function. Her reactivity, particularly with her children, has decreased substantially. She's more productive at work and better able to handle professional challenges. Most importantly, she's developed the ability to notice physical responses to stress and use that biological awareness to regulate her nervous system before overreacting.