SAFETY IN THE BODY: A Nervous System Regulation Practice hosted by Ashley Dor, LCSW

What is Safety in the Body?

Safety in the Body is a practice of helping the nervous system move from survival mode into a state of greater calm, awareness, and presence.

Many of us spend our days rushing, helping others, solving problems, carrying responsibilities, and responding to stress. Over time, the body can become accustomed to remaining on high alert.

Safety in the Body creates intentional moments to pause, breathe, and reconnect with ourselves.

The goal is not perfection.

The goal is awareness.

The goal is learning to recognize when the body needs rest, regulation, and care.

Understanding the Nervous System

Your nervous system is constantly scanning for safety and danger.

When stress is high, the body may respond by:

- Racing thoughts
- Tight muscles
- Difficulty relaxing
- Anxiety or overwhelm
- Irritability
- Restlessness
- Emotional exhaustion

These are normal responses to prolonged stress.

The good news is that the nervous system can learn safety through intentional practices such as breathing, grounding, stillness, movement, and self-awareness.

The S.A.F.E. Framework

S — Stop and Pause

Give yourself permission to slow down**.**

A — Assess What You’re Feeling

Notice your thoughts, emotions, and physical sensations without judgment.

F — Find Your Breath

Slow your breathing and reconnect with your body.

E — Ease Into the Present

Bring your attention back to this moment.

Quick Regulation Practice

1. Inhale through your nose for 4 counts.
2. Pause briefly.
3. Exhale slowly for 6 counts.
4. Repeat 3–5 times.

As you exhale, allow your shoulders, jaw, and body to soften.

Reflection Questions

• What does safety feel like in my body? • What am I carrying that I can set down today? • What does my body need from me right now? • How can I create one moment of pause this week?

Remember

You do not have to earn rest.

You do not have to prove your worth through exhaustion.

You are allowed to pause.

You are allowed to breathe.

You are allowed to feel safe in your body.