



Find Your Relaxation Switch Guide

Your Personal Guide

Welcome!

This guide is yours to keep.

Over the next six days, I'll introduce one Relaxation Switch at a time by email. You can use this page (or download the PDF) to keep track of what you notice along the way.

There are no right or wrong answers.

You're simply discovering what helps **your** body relax more easily.



The Big Idea

When your body feels safe and relaxed, it can shift more easily into rest and repair.

The surprising part is that you don't have to feel obviously stressed or anxious for this to matter.

Many of us carry on with daily life while our nervous system is quietly "on guard" – always ready for what comes next.

When that happens, relaxing on demand isn't always easy.

The good news is that different people relax in different ways.

Finding your personal Relaxation Switch can make it easier for your body to soften and settle.



The Drop Test

After each experiment, ask yourself one simple question:

Did my body soften, even slightly?

You might notice:

- a deeper breath

- your shoulders dropping
- less tension
- a quieter mind
- or simply a small sense of ease

Small changes count.

My Experiment Tracker

For each Relaxation Switch, make a quick note of:

Stress today:

★ 1 = Very calm ★ ★ ★ ★ ★ = Very stressful

Relaxation:

★ 1 = No noticeable change ★ ★ ★ ★ ★ = My body clearly softened

One observation:

What surprised you? What did you notice?

Relaxation Switch	Stress (1–5)	Relaxation (1–5)	One Observation
 Movement & Rhythm			
 Comfort & Calm			
 Clarity & Reassurance			
 Breath & Body			
 Release & Reset			
 Connection & Support			

The Six Relaxation Switches

Movement & Rhythm

Music, gentle movement and rhythm.

Comfort & Calm

Warmth, comfort and creating a cosy environment.

Clarity & Reassurance

Understanding, planning and reducing uncertainty.

Breath & Body

Gentle breathing, sighing or humming.

Release & Reset

Movement that helps release built-up tension before settling.

Connection & Support

Safe company, feeling heard or spending time with someone you trust.



Remember

You don't need to find the perfect Relaxation Switch.

Many people discover one favourite.

Others find that different approaches help in different situations, or that a combination works best.

The goal isn't to force yourself to relax.

It's simply to notice what helps **your** body soften a little more easily.

Every observation is another clue.

And every clue helps you build self-care that truly fits you.