



CALM IN THE CHAOS

A Somatic Survival Guide for Times of Crisis

BY HANNAH SFEIR



Simple nervous system tools to help you stay grounded, present, and emotionally steady during crisis.

WELCOME FRIEND



If you are living through war, uncertainty, or constant news alerts, your body may feel like it is always on edge.

You might notice:

- racing thoughts
- tight chest
- irritability or anger
- trouble sleeping
- feeling numb or disconnected
- constantly checking the news

None of this means something is wrong with you. It means your nervous system is trying to keep you safe. When the brain perceives danger, the body shifts into survival mode. The goal is not to eliminate stress. The goal is to help your nervous system move back toward safety so you can think clearly, care for your family, and stay emotionally steady.

In this guide, I'll show you 3 simple somatic practices used in trauma therapy that can help regulate your nervous system during crisis.



Why Your Body Feels This Way

WHEN THE BRAIN SENSES DANGER, THE NERVOUS SYSTEM
ACTIVATES SURVIVAL MODE.

FIGHT

ANGER, IRRITABILITY, TENSION

FLIGHT

ANXIETY, RACING THOUGHTS, PANIC

FREEZE

NUMBNESS, EXHAUSTION, SHUTDOWN

The problem is that when stress is constant, the nervous system
can get stuck in these states.

Somatic practices help your body release survival energy and
return to regulation.

These tools take less than 2 minutes and can be done anywhere.





THE 3-3-3 GROUNDING RESET

This helps when your mind is racing or panic is rising.

Step 1

Look around and name 3 things you see

Step 2

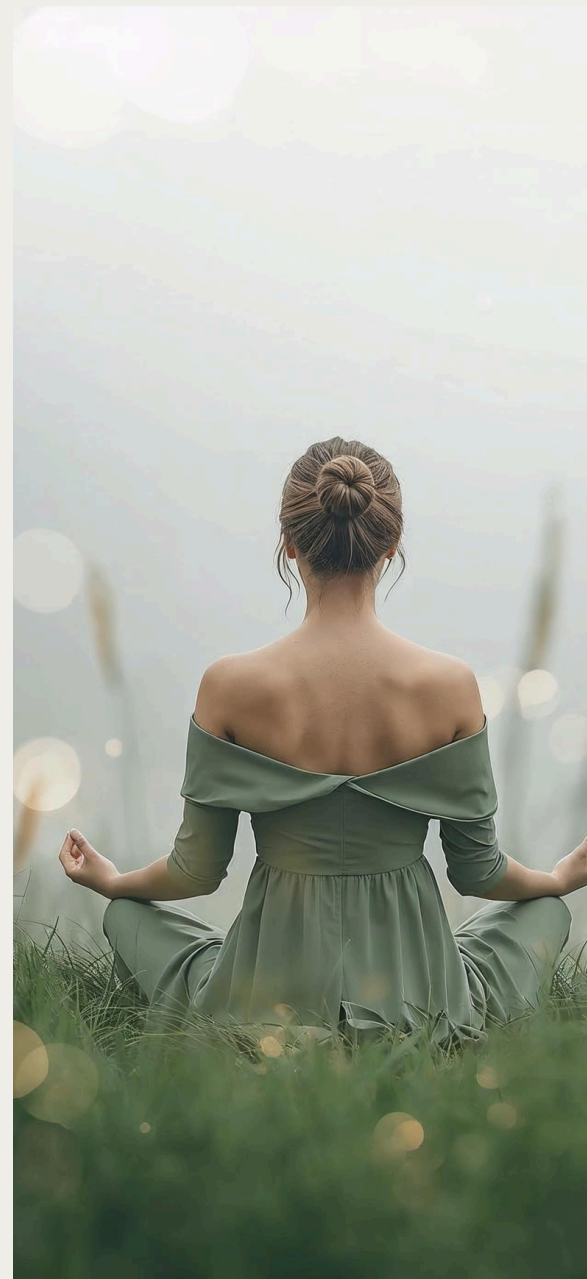
Notice 3 sounds you hear

Step 3

Move 3 parts of your body

Why it works:

Grounding brings the brain out of future-based fear and back into the present moment.





THE LONG EXHALE RESET

When we feel unsafe, breathing becomes shallow.

Slow exhalations activate the vagus nerve, which signals safety to the body.

Try this:

Inhale through your nose for 4 seconds

Exhale slowly through your mouth for 8 seconds

Repeat 5 times

If possible, place one hand on your chest and one on your stomach.

This tells your body:

“Right now, I am safe enough to breathe.”



SHAKE THE STRESS OUT

Animals naturally release stress by shaking.
Humans rarely do, so the tension stays trapped in the body.

Try this:

Stand up and gently shake your arms, shoulders, and legs for 30–60 seconds.

Let your jaw loosen.

Take a deep breath afterward.

You may feel warmth, tingling, or relaxation.

That is your nervous system releasing survival energy.





IMPORTANT REMINDER

During crisis, your nervous system does not need perfection. It needs small moments of regulation. You do not need to add complicated routines to your life right now. Instead, **focus on adding micro-moments of regulation throughout the day.** Even 60 seconds of grounding can reduce stress hormones and help your body reset. One simple way to do this is through habit stacking and attaching a calming practice to something you already do daily such as brushing your teeth or dropping the kids off at school.

You are not weak for feeling overwhelmed.

You are human.

And your body was designed to move in and out of stress.



IF YOU WANT DEEPER SUPPORT

This guide includes just a few simple tools.

But long-term healing requires learning how to:

- regulate emotional triggers
- calm your nervous system in stressful relationships
 - process trauma stored in the body
 - move from survival mode to stability

If you want to go deeper, I'm creating a full Somatic Regulation Guide that expands on these tools. If you'd like early access when it's released, you can join the waitlist [here](#)

If you would like more personal support, I offer 1:1 trauma-informed counseling sessions where we work together to help you process stress, regulate your nervous system, and navigate difficult seasons.

To inquire about working together, you can:

- Visit hannahsfeir.com
- Or message me on Instagram [@hannahhhsfeir](https://www.instagram.com/hannahhhsfeir).

You don't have to navigate this alone.

With Care,

Hannah Gfeir

