



FLOURISH
THERAPY

16 SIGNS + SYMPTOMS

OF NERVOUS SYSTEM DYSREGULATION

flourishtherapy.co





SO GLAD YOU'RE HERE

Awareness of our own nervous systems + our regulation capacity is the foundational place to begin healing our bodies + minds.

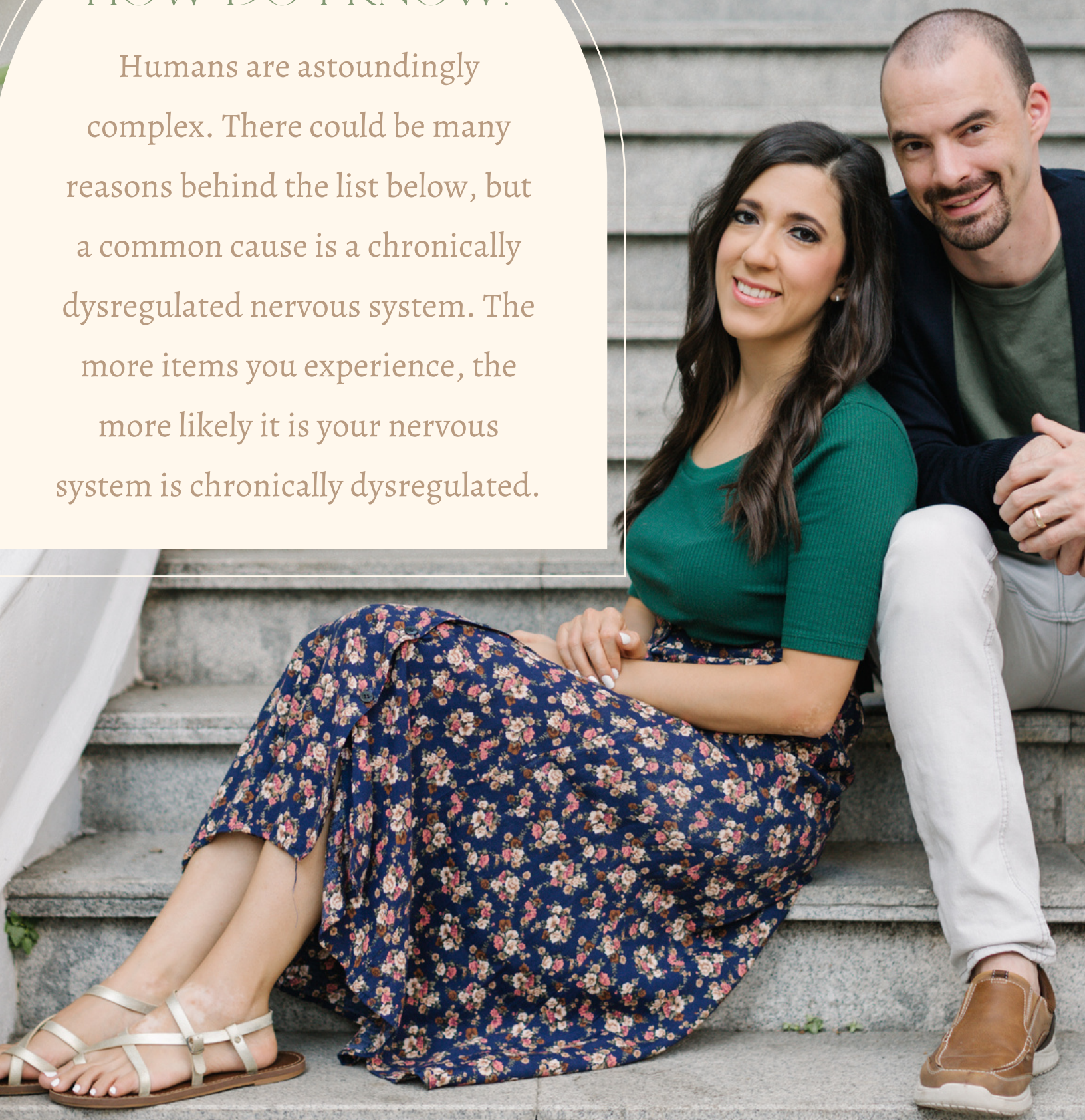
While reading through this list you may encounter many emotions + thoughts about yourself, your story + your functionality...we invite you to stay curious + compassionate with yourself regarding any shame or fear that may come up. All emotions are welcomed, and can provide us with more information about the state of our nervous systems.

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HOW DO I KNOW?

Humans are astoundingly complex. There could be many reasons behind the list below, but a common cause is a chronically dysregulated nervous system. The more items you experience, the more likely it is your nervous system is chronically dysregulated.



16 SIGNS + SYMPTOMS

of Nervous System Dysregulation

01

SENSITIVITY TO LIFE:

Activity, exercise, travel, buildings, environment, sun, weather, medication, high intensity events, exercise, driving, massage, supplements, lights, noise, smells, touch, food, sex, weather, public places

02

ANXIETY + DEPRESSION

Unease, anxiety, hypervigilance, pressure/urgency, social anxiety, anxiety about anxiety, fueled by rushed energy, shut-down, lacking “motivation”, despairing, withdrawn, isolating from people, panic attacks

03

DYSREGULATION

Vacillating between activation + shut down as the body tries to manage circumstances that feel unbearable to it

04

LIMITED ACCESS TO PEACE

Trouble with calming down, being present, truly relaxing, being in quiet, doing nothing, feeling content



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of Nervous System Dysregulation

05

SLEEP ISSUES

Trouble with sleep, tired often, “tired and wired”, wake often, can’t fall asleep, anxious about sleep, nap often, shut down/fall asleep after stressful situations

06

PAIN

Chronic pain, intermittent pain, pain that shifts between different parts of the body, pain that doesn’t follow expected physiological pattern, pain not caused by injury, infection, masses

07

SUBSTANCES

Can’t tolerate caffeine, alcohol, medication, chemicals, often having a growing list of food sensitivities

08

SENSE OF SELF

Trouble with boundaries, knowing what one wants, lacking assertiveness + opinions, indecisive, out of touch with intuition, unsure, disembodied



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09

FEELS DEEPLY

Deep feeler in childhood with no one who could receive your emotions + co-regulate you, easily misunderstood because of the depth to which you feel

10

RIGIDITY

Perfectionistic tendencies, OCD characteristics, rigid "black + white" thinking, hard time with changing plans, struggle seeing in grey, difficulty yielding or giving up

11

IMMUNE DYSREGULATION

Autoimmunity, frequent infections, chronic infections, easily become sick when stressed, never sick at all

12

UNEXPECTED RELIEF

Chronic symptoms may reduce/disappear while acutely ill, pregnant, on vacation or experiencing significant stress relief

16 SIGNS + SYMPTOMS

of Nervous System Dysregulation

13

REGULARLY, IRREGULAR

Always seeming to have at least one primary (but often shifting) symptom front and center

14

HYPER-AWARE

Acutely aware of physical sensations/symptoms but disconnected from body's deeper language

15

DIAGNOSES OR SYNDROMES

With no known structural/functional cause, often having multiple diagnoses. IBS, IC, TMJ, abdominal pain, digestive issues, back pain, tension headaches, migraines, fibromyalgia, chronic fatigue syndrome, RSI, carpal tunnel, pelvic pain, other unexplained pain

16

RELATIONALLY

(*in non-abusive relationships)

Hypervigilance, constant concern for partner/child's well-being, fear about where the relationship stands, isolating, avoiding conflict, provoking conflict, prematurely ending relationships, lots of defensive/protective energy, controlling behaviors





HEALING IS POSSIBLE

How do we know? Because we've experienced it
(and continue to), and have worked with
countless people from all over the world that
have become the friend + partner to their
nervous systems, watching in awe as their
minds + hearts + bodies make their way to
healing + wholeness.



NEED SOME HELP?

Truly recovering from the impacts of survival stress + trauma can feel like an impossible, out of reach dream. However, because of the innate power of the brain + body, humans have a tremendous ability to heal.

When nervous system dysregulation is impacting practically every part of your life, it can be so challenging to find your way back to peace + abundance. To have clarity on which steps to take. To develop the support your body needs to feel safe again. To find regulation + begin to experience it as your new norm. To become free from the vortex of endless symptoms + suffering.



Our
Services





FLOURISH


Signature Program

Comprehensive trauma healing + brain retraining is a transformative “bottom-up” + “top-down” approach when you desire well-rounded support navigating the healing process. No impersonal courses or workbooks to sift through alone, rather personalized, highly skilled one-on-one care.

Chronic stress + trauma deeply impact the body + mind’s functioning and many find themselves not only needing help navigating out of the effects of trauma, but also in restoring their bodies to their optimal physical functioning.

It is challenging to be working with multiple practitioners to heal, often taking you in conflicting directions. **The Flourish Signature program skillfully helps you simultaneously address your physical + emotional + mental health needs.**

Luke + Lauren collaboratively work with you directly, as a holistic health team, to pursue together the healing that your body is designed to experience. With Lauren’s 15 years in the medical field as a RN, Nutritional Therapist + Mind Body Practitioner, and Luke’s decade of work as a clinical counselor, **they provide comprehensive assessment, support + guidance as you heal your mind + body.**



Program
Includes



FLOURISH

Signature Program

IF YOU EXPERIENCE HEALTH SYMPTOMS/SYNDROMES SUCH AS CHRONIC FATIGUE, INSOMNIA, THE MANY FORMS OF CHRONIC PAIN, DIGESTIVE ISSUES, ANXIETY, AUTOIMMUNITY, CHRONIC INFECTIONS, CHEMICAL/FOOD SENSITIVITIES, ECT, THIS PROGRAM IS A GREAT OPTION FOR YOU.

3 Month Program Includes Monthly:

- Two- 50 minute sessions a month with Luke (for a total of 6 sessions)
- One- 1.5 hour session a month with Lauren (for a total of 3 sessions)
- One- 1 hour Flourish Virtual Transformation Group (for a total of 3 sessions)
- One- Inner Healing Integration a month
- Flourish Signature Program content- audio + written
- Weekly collaborative case consultation
- Email support
- Voxer support



Other
Services





TRAUMA HEALING PACKAGES



COUPLES TRAUMA
HEALING PACKAGES



2.5 DAY INTENSIVES



FLOURISH
THERAPY

FINDING YOUR WAY BACK



Want to Know More

WWW.FLOURISHTHERAPY.CO

LAUREN@FLOURISHTHERAPY.CO

LUKE@FLOURISHTHERAPY.CO

IG @FLOURISH_THERAPY



