



EPISODE 002: Being the Driver of Your Nervous System with Brittany Lynn Wellness

We spend a lot of time thinking about our physical bodies like which foods are best to eat and how much exercise we should do, but we don't spend a lot of time talking about our emotional body, and nervous system.

Learning how to regulate our nervous systems and being self-aware about our emotional states can do wonders for our overall well-being. So today, I'm joined by Brittany McCann, a Functional Nutritionist and Somatic Therapist who guides me through the different frequencies of our emotional states and gives us the tools to put ourselves back in the driver's seat of our nervous system.

We discuss:

- The three states of emotion and how to oscillate between them in a healthy, manageable way
- What happens when we get stuck in a lower vibrational emotional state and how that impacts our ability to be happy
- The true meaning of grounding yourself and how to tackle triggers when they strike

Connect with Brittany:

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I hope you enjoyed this episode of Evolve: A New Era of Leadership. To learn more visit my website: www.carolynswora.com or send me an email to support@carolynswora.com. I'd love to hear from you.