



Top 10 List of Small Shifts that Reduce Stress & Support Natural Healing and Regulation

Presented & created by

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As part of my Wholeness Methodology, which is fundamental self-healing support and self-care that addresses the WHOLE you to better support your needs, improve recovery, and support your healing, self-healing, and growth efforts.





Welcome... to this top 10 list that will amplify your healing & growth outcomes for more comfort & joy!

These are the small shifts that made the BIGGEST IMPACT on my healing progress. They improved how I feel, improved my life, and played a role in getting me out of the stuck cycle of intense feelings, constant emotional and physical discomfort, mental anguish and negative self-talk, and severe anxiety that was hijacking my health, my joy and my future.

Not everything on this list will be right for you, or right for you right now. I don't believe there is a 'one size fits all' way to do all the things and be healed but if you start with implementing even ONE thing on this list, whichever resonates with you as 'doable', you will be supporting healing from the inside outward.

If you can implement these changes, or even one of them, you will see improvement in your comfort and recovery from life's ups/downs and stress. If you need help, that just means you're human. I teach a lot of these in the variety of resources and courses I offer, I hope you will explore or even ask about what is available or where to begin. I hope to reduce the struggle of trial and error and doing ALL THE THINGS to heal, transform, or create an outcome we desire. It's much easier if we don't try to do it all alone...I'm here to help.



Top 10 Small Shifts

That Made the BIGGEST Impact on my Healing, Self-Healing, & Personal Growth Outcomes...and will help you with yours too!

#1 Upgrade coping skills.

This includes learning how to process emotions without feeling like they are hijacking your life or taking away the ability to function in your day-to-day life, as well as re-learning how to self-calm and self-soothe. We typically learn how to cope in early childhood and it becomes outdated over time as our needs change...or we learned unhelpful ways to cope via what was modeled by adults in our life who lacked the skills and support to cope with their own ups, downs, or emotions

#2 Self-Regulation.

Learning how to regulate both emotions and the nervous system. Regulating emotions is about processing emotions instead of avoiding, rejecting, or suppressing them, it ties into #1. Regulating the nervous system is about retraining the body to feel safe in the present, instead of reacting to the present through the lens of past threats, trauma, or conditioning. Both make it more likely to be able to respond, instead of react, and improve mental, emotional, and physical health.



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#3 Stop speaking your pain to anyone who will listen.

Specifically, stop talking about your pain, issues, or perceived hurts and wrongs to anyone and everyone. Talking through things CAN BE helpful, but is most likely to be helpful for you to talk through things in a more controlled setting, such as in therapy or with someone who has BOTH the resources AND bandwidth to help you process, heal, and recover. Talking through your pain with many people or retelling your pain story on repeat, especially ongoing over time, can keep you stuck reliving your pain, keep your old emotions active in your body, and can even re-traumatize you. If you find that this applies to you, it is likely a signal from your body that you are still trying to wrap your mind around what has/is happening to you which is an indicator that talk therapy would be helpful. If talk therapy has not been helpful but you find yourself still talking about it often, try gently stopping yourself when you notice yourself talking about old, painful experiences until you retrain yourself to only talk about it in a healing-centered, trauma-informed space.



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#4 Clarify your needs so your needs are better met.

When we are dysregulated, especially when dysregulation is compounded over long periods, our brain and body go into survival mode where ONLY SURVIVAL-RELATED functions receive the full level of attention. Everything else is functioning at the bare minimum required for survival, which means that processing information slows down. This can look like feeling overwhelmed or a disconnection from the body or the self that leaves you knowing that you aren't okay but not knowing the details, like what you need. When you know what you need, you can more easily move towards what you want more of/feels safe or away from things that aren't what you want/what feels unsafe.

#5 Identify triggers and learn how to respond to them (or better yet, learn to leverage them to help you heal).

We all hear or talk about being triggered, but what doesn't get talked about enough is that our triggers are perceived threats from the past that are activated in the present via our environment and can be utilized as a signal that healing is needed. Triggers tell us dysregulation exists and asks that we respond to the body's need to restore regulation in the face of a threat that no longer exists in the present. Learning how to listen and respond to the body in this way helps retrain the nervous system to be less reactive and more neutral.



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#6 Setting boundaries

We can't have healthy boundaries if we are stuck in a state of dysregulation or don't have clarity about what we need. To set healthy boundaries, we need to know what we need and have the ability to clearly communicate those needs through our words and actions. This can range from difficult to impossible when in a state of dysregulation. Setting boundaries is not about other people, or what they say, do, or feel. It is about what YOU will do in response to other people who you have no control over. This is the number one way to start feeling safe, as well as it is the key to having both an improved self-relationship/self-image and a restored sense of self/personal power

#7 Changing your story from pain to POWER

This one is all about your internalized story, which is often what feeds our inner voice. The story we carry inside ourselves most often is developed throughout early childhood and is influenced by the messages we received on repeat from people and experiences. It is a conditioned story and voice that is not our authentic voice or story, rather it is often the one other people told about us through the lens of their own personal pain, conditioning, or limitations. When we re-write the story of us to reflect who we want to be, have always dreamed of being, or are actively working to be and we practice it with both the mind AND BODY, we can rewire our nervous system to support living the life we desire.



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#8 Learning how trauma has influenced all aspects of you & your life, and how to support healing it.

Most people have experienced some form of trauma, big or small...and it can be argued scientifically that ALL people have trauma.

Understanding how the human body and brain function in response to threats, trauma, survival stress, conditioning, and stress helped me understand how to better navigate my WHOLE HUMAN EXPERIENCE. It erased the narrative that I am broken and, over time, helped me see that I am perfectly, imperfectly human. It also helped me understand how to influence my comfort level, so that discomfort in the form of struggle and suffering (even physical pain) was no longer a constant in my life. It helped me learn to thrive in spite of life's ups and downs.



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#9 Learning about the healing and growth process

When you have a new understanding of the healing and growth process, it helps you stop getting stuck in thoughts, feelings, and beliefs about your mismatched progress and effort. It can help you stop telling the story in your mind that you are failing or not doing enough or not doing it right. You are enough, your effort is enough, and you are not resetting to 'zero' every time you hit a plateau or dip in your journey or progress. The human healing and growth process is not linear. Your brain and body start to respond to your effort and your uptick in progress, which can result in a plateau or dip. The dips and plateaus are usually a signal of one of the following things: 1. Your body and brain need time to integrate and get used to the change, 2. Your brain and body have activated your protector/survival systems because you are growing out of your "comfort/safety" zone, or 3. Your brain and body recognize the need for support and/or guidance. Learning more about this can give you a new perspective on your effort, clarity about your needs, and renewed trust in yourself and/or your process.



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#10 PRACTICE, PRACTICE, PRACTICE!

Practice is necessary because your beautiful human survival systems are going to keep pulling you into “safety” and “comfort” even if that pattern has become limiting and uncomfortable. Your brain and body will continue to choose familiar DIScomfort, so you must commit to practicing repetitively until your body and brain get the point. The reason some things are easier to shift than others is that some ‘perceived threats’ your survival systems are protecting you from are more deeply embedded and others are just surface level. Giving yourself grace means being kind to yourself and allowing yourself to Be whatever you are in the moment. It is a form of acceptance, which can lead to self-acceptance with practice. Accepting that you feel how you feel or that things didn't go as planned or that you are experiencing symptoms/discomfort is a useful practice that can help with healing, faster recovery, and an improved relationship with yourself. Giving yourself grace is a fundamental part of healing and growth, so that you aren't constantly placing the burden of performance on yourself and are, instead, in the present moment. It also facilitates the processing of emotions, as well as allowing you to rest when you need it...and everyone needs to rest, do less, and just BE sometimes.



Thank you...

for your interest in self-healing support

I want to sincerely thank you for saying "YES!" to YOU!

You will thank you, too, because if you can implement even one of the items on my top ten list, you will decrease your level of discomfort and improve your overall wellbeing.

The items on this list are not things I did all at once because that can be overwhelming and counter-intuitive to creating NEW outcomes you are making an effort to create in your health, relationships, life, or any area you are striving for an improved outcome.

These small changes add up to a more regulated system and emotions, making it more likely for you to get unstuck from old patterns and pains so you can begin to experience more of what you want and less of what you DON'T want!

Learn more about supporting your healing and self-healing journey by visiting my resources page for other ebooks & audio downloads, self-paced online programs, wholeness methodology healing programs, nervous system healing, emotional skills upgrade, and more.

[Go there now >>](#)



What's Next?

BONUS:

#11...Be supported! Groups and communities are great ways to receive the support you need to sustain new practices for self-healing, healing, and personal growth.

Look, not everyone has the time, energy, money, or other resources needed to get the support they need. There is also a common tendency for people with dysregulation or trauma to feel that they *have to* do this alone, this is linked to survival response and potentially to some toxic cultures that we get looped into. This is a subject very close to my heart because it is one I very much relate to.

I struggled to heal independently out of necessity (no money, time, etc) for a long time. One thing I learned it that BEING SUPPORTED is necessary in order to make progress and to help increase resources to get the support. It is very much a cyclic process that resources>>support>>healing/growth, and it requires a certain level of privilege to find your way into the flow.

That being said, I offer support via online courses, group programs, 1:1 services/programs, and drop-in classes starting around \$25+ so that more people can access this type of healing. I have future plans for scholarships and other ways to support healing in an equitable, sustainable manner within this growing community of self-healers, wholeness-seekers, and cycle-breakers!

[CLICK HERE](#) to learn more about support and resources.



About Michelle & her Wholeness Methodology

I don't subscribe to a belief that there is a 'one size fits all' to healing because healing is so subjective. Practicing 'Listening to the Body' can be exactly what one person needs, and another may need a different approach.

I offer resources for healing that address different aspects of our humanness, that is what the Wholeness Methodology offers - a way to address healing/growth needs of our WHOLE human selves...body, mind, behavior, thought, emotion, energy, subconscious beliefs & memories, and environment.

There is a 'next step' in deepening the practice of 'Listening to the Body' that can help you process and recover faster from any type of discomfort.

If you want to see where this type of self-healing self-care can take you, you can learn more about 'Listening to the Body' practices and other resources, courses, and offerings within the Wholeness Methodology on my website or social media linked on the first and last pages of this ebook

If you aren't sure what you need to help you struggle less, feel better, or get unstuck - don't worry. I offer resources to help you with that because I didn't know what I felt, what I needed, or what to do when I started my journey from suffering to thriving either.



About Michelle & Wholeness Methodology Practices

I am not a therapist. I am a Certified Self-Healing Coach and Certified Energy Practitioner specializing in trauma-informed, healing-centered practices. My professional training includes 1000+ hours of specialized training including body psychology, energetic EMDR, epigenetics, and more. My focus is on educating and supporting healing & personal growth that impacts the WHOLE person - body, mind, emotions, and spirit.

I believe that because our body holds all of our emotions, experiences, and beliefs (our story), the body is the key to healing and growth, even from an energetic approach.

I facilitate healing by identifying the subconsciously held emotions, limiting beliefs, and stress/trauma patterns that are dictating how we feel, function, and show up in our bodies, relationships, & the world using my Wholeness Methodology as a framework to address an individual's unique needs, issues, and patterns.

I developed my Wholeness Methodology to help myself and others feel more comfortable in our bodies and more connected to your authentic ability to influence how you feel and function.



“I help self-healers and cycle-breakers support their natural healing and regulating systems and make more progress towards their healing, growth, and transformation efforts.”

