

Calm The Chaos

3 Nervous System Hacks to Stop Drowning in Overwhelm (Even If Your Brain Never Shuts Up)



By: Lisa Downing



Hey, I'm Lisa,
First of all, I want to say thank you
for downloading
a copy of my book.

I'm a neurospicy coach who's spent years figuring out how to stop my brain from running me. I've tested a bunch of ways to calm the chaos, and these 3 simple strategies actually work!

A few of my clients have tested them out just to make sure it wasn't a fluke.

Let's get your brain on your side

I thought I was going to lose my mind.

Actually, that's not true.

I thought I'd already lost it.

It was 2020. Mid-pandemic. We'd just bought our first restaurant — a fast-food joint slinging burgers, fries, and pretty much everything you could batter and deep-fry.

And I was eating it all.

Burgers for breakfast. Burgers for lunch. Burgers for dinner.

I was a qualified personal trainer and nutrition coach who knew exactly what I was doing to my body... and I couldn't stop.

The kids were in the back room, glued to their PlayStations, trying to entertain themselves because their dad was out working and I was stuck behind the counter, unable to get a single minute off.

I felt like absolute shit.

They weren't getting a good quality of life. I wasn't getting a good quality of life.

I was stressed. Depressed. Gaining weight rapidly.

And the guilt? God, the guilt was crushing.

I was supposed to know better. I was supposed to be better.

But I didn't have the brain space to make a checklist. I didn't have the focus to tick things off even if I did. I couldn't journal. I couldn't plan. I couldn't even think straight.

That was my rock bottom.

I knew I had to do something different, but I had no idea what.

So I started with meditation.

And I sucked at it.

Like, really sucked.

Ten seconds in and my brain was already three towns over, thinking about invoices and permission slips and whether I'd remembered to lock the back door.

But I kept trying.

Two-minute guided meditations. Then five. Then ten.

Most of the time my brain wasn't calm. Most of the time I wasn't even listening.

But something was shifting.

Those little pockets of stillness — even if they were messy and chaotic — were helping me get through one of the toughest times of my life.

About six months after we sold the restaurant, I heard about EFT tapping.

I thought, *Maybe I'll give this a go.*

It felt weird. Ridiculous, even.

Tapping spots all over my face while saying things out loud?

But after my very first session — just five or ten minutes — my body was relaxed.

My shoulders weren't hanging around my ears anymore. The tension I didn't even know I was holding? Gone.

And here's the kicker:

A few days before that first tapping session, I'd had a full-blown panic attack.

One of the jobs in our other business — a custom clothing company — is pressing images onto garments.

I hate it. It gives me panic attacks every single time.

I was home alone with a big order that needed to get out urgently, and I just... broke.

Uncontrollable crying. Couldn't breathe. Ended up vomiting.

I somehow powered through and got the order done, but the second I got back home, everything shut down.

A few days later, I had to do another order. By myself. Again.

But this time, I tapped first.

And you know what?

I was still anxious. Still a bit nervous.

But I got the job done.

No panic attack. No uncontrollable crying. No shutdown.

That's when I knew.

EFT wasn't just some woo-woo thing people talked about on Instagram. It worked.

So I decided to test it.

I posted in my Facebook group: "Anyone want to join me for a tapping session?"

One woman jumped in.

She'd been dealing with a brutal headache — lingering for over a week — and was desperate for relief.

We both followed along with an app. I didn't even lead it myself.

And by the end?

Her headache was gone.

She later told me she also had ADHD.

And that's when it all clicked.

This wasn't just going to work for me and my anxiety.

It was going to work for other people too.

People like her. People like you.

People whose brains don't shut up. Whose bodies hold tension they don't even realize is there. Who've been told their whole lives to "just try harder" when their nervous system is screaming for relief.

So if you're reading this and thinking, I've tried everything and nothing works...

I get it.

But I'm telling you right now:

You don't need more discipline. You don't need more willpower.

You need tools that work with your brain, not against it.

And that's exactly what I'm about to show you.

The Breath-and-Break Reset: How to Stop a Spiral Before It Swallows You Whole

Here's the thing nobody tells you about overwhelm:

It doesn't always announce itself.

You don't wake up and think, Today I'm going to have a meltdown.

It sneaks up on you.

One stressful task. One tight deadline. One number that won't add up.

And suddenly your chest is tight, your head is hot, and you're pretty sure you're about to combust like Anger from Inside Out.

That was me last week.

I was doing payroll for my husband's business — and let me tell you, numbers are not my thing.

(Recently found out I have dyscalculia, which explains a lot.)

I was trying to get two different software programs to talk to each other, and the numbers just... wouldn't add up.

My head got hot. My eyes got hot. The pressure started building.

I wasn't sure if my head was going to implode or explode, but either way, it wasn't good.

I took a deep breath. Tried to calm down.

Didn't Work

So I had to leave the room.

I went and sat somewhere else, closed my eyes, took some slow, deep breaths, and reminded myself:

I am safe. It's okay to be frustrated.

A few minutes later, I went back.

My husband saw I was struggling and stepped in to help.

Crisis averted.

Here's the thing:

That moment — the one where I had to physically leave the room — saved me.

Because when your nervous system is in fight-or-flight mode, your brain literally can't problem-solve.

You're not being dramatic. You're not being weak.

Your body is doing what it's designed to do: protect you from a perceived threat.

Even if that "threat" is just a spreadsheet.

So here's what I do now — and what I want you to do the next time you feel that pressure building....

Step 1: Take a slow, deep breath in. Then a slow breath out.

Do it a couple of times.

Don't try to "fix" anything yet. Just breathe.

Step 2: Look away from the thing causing you stress.

Close your eyes. Look out the window. If it's bad, leave the room completely.

Give your brain a break from the trigger.

Step 3: Refocus your thoughts.

Remind yourself:

This thing isn't going to kill me. There is a solution. I am safe.

Take another breath or two.

Step 4: Come back and find the smallest thing you can start with.

Not the whole task. Not the big picture.

Just the tiniest next step.

I know it sounds almost *too* simple.

But here's the truth:

Your nervous system doesn't need a five-step strategy.

It needs *permission to pause*.

It needs a moment to remember that you're not actually in danger.

And once it gets that?

Everything else becomes manageable again.

Think about it like this:

You know how when your computer freezes, the first thing you do is restart it?

You don't open more tabs. You don't try to force it to work faster.

You give it a minute to reset.

Your brain is the same.

When it's overloaded, it needs a reset — not more pressure.

And that's what this breath-and-break practice does.

It's not meditation. It's not a 20-minute ritual.

It's a pause button you can hit in the middle of chaos.

I'll never forget the first time I really understood this principle.

I was watching my son try to build a Lego set.

he'd been working on it for over an hour, and one piece just wouldn't fit

He kept jamming it in, getting more and more frustrated, until finally he threw the whole thing across the room and burst into tears.

I didn't say, "Just focus harder." I didn't say, "You're so close, keep going."

I said, "Let's take a break. Come have a snack with me."

Ten minutes later, he went back to it.

Picked up the piece. Tried it a different way.

It clicked right in.

He looked at me and said, "I just needed to stop looking at it for a minute."
Exactly.

That's what this breath-and-break reset gives you.

It's not about "calming down" in some Instagram-perfect way.

It's about giving your nervous system the signal:

We're safe. We can handle this. Let's try again.

And most of the time?

That's all it takes.

So the next time you feel that pressure building — the hot head, the tight chest, the I'm-about-to-lose-it moment — remember:

Breathe. Break. Refocus. Restart.

You're not running away. You're not giving up.

You're doing the smartest thing you can do:

Giving your brain what it actually needs to function.

The Two-Point Tap: A 60-Second Reset When Your Brain Won't Shut Up

Let's be honest.

Sometimes breathing isn't enough.

Sometimes your brain is so loud, so tangled, so stuck in fight-or-flight that you need something more.

Something that actually interrupts the nervous system spiral.

That's where tapping comes in.

And before you roll your eyes and think, This sounds like some hippy-dippy nonsense...

Let me tell you: I thought the same thing.

Until it worked.

I'm part of a fortnightly networking group.

Same people every time. People I know. People I like.

And yet, *every single time* it's my turn to speak, my heart races, my palms sweat, and I feel like I'm about to forget my own name.

It's ridiculous.

But it's real.

So here's what I do:

I always wear a hoodie. Hands in the pockets.

And while everyone else is talking, I make a little tent with one hand (so it's not obvious what I'm doing — don't want anyone thinking I'm, you know, playing with myself), and with the other hand, I gently tap on my stomach.

In my mind, I repeat:

I am safe. These people are here to support you. They are your friends.

I'll do this a few times.

And by the time it's my turn to speak?

I can almost speak confidently.

Almost.

But that "almost" is a hell of a lot better than the full-blown panic I used to feel.

Here's what's happening when you tap:

You're sending a calming signal to your amygdala — the part of your brain responsible for the fight-or-flight response.

It's like pressing the "off" button on a fire alarm that's been blaring for no reason.

And the best part?

You don't need to know all the tapping points. You don't need a fancy routine.

You just need two spots and 60 seconds.

Here's how to do it:

Spot 1: The Karate Chop Point (side of your hand)

This is the fleshy part on the side of your hand, between your wrist and pinky finger.

Tap here gently with two or three fingers from your other hand while you say (out loud or in your head):

Even though I'm overwhelmed right now, I'm safe.

Or:

Even though my brain won't shut up, I'm okay.

Do this for about 30 seconds.

Spot 2: The Collarbone Point

Find your collarbone. Now move your fingers about an inch down and an inch in from the center.

Tap here gently with two or three fingers while you say:

This feeling will pass. I am safe. I can handle this.

Do this for another 30 seconds.

That's it.

Two points. Two statements. 60 seconds.

And I promise you — your body will feel different.

Maybe not "Instagram-calm." Maybe not "floating on a cloud."

But different.

Lighter. Looser. A little less like the world is ending.

Think of it like this:

You know when you're driving and you hit a pothole, and your car starts shaking?

You don't ignore it. You pull over. You check the alignment.

That's what tapping does for your nervous system.

It realigns you.

It reminds your body:

We're not in danger. We can settle. We're okay.

I'll never forget the first time I taught this to a client.

She'd been struggling with constant anxiety — the kind that sits on your chest all day, every day, making it hard to breathe.

She was skeptical.

She said, "I don't see how tapping my hand is going to fix anything."

Fair.

But I asked her to just try it with me.

We tapped the karate chop point together. Then the collarbone.

60 seconds, tops.

When we finished, she looked at me with this stunned expression and said:

"My chest... it's lighter. I didn't even realize how tight it was."

Exactly.

That's the thing about holding tension in your body.

You get so used to it, you don't even notice it's there.

Until it's gone.

So here's what I want you to do:

Next time your brain won't shut up — next time you're spiraling, second-guessing, or stuck in fight-or-flight — try this.

Two points. Two statements. 60 seconds.

You don't have to believe it's going to work.

You just have to try it.

And if it doesn't work the first time?

Try it again tomorrow.

Because here's the truth:

Your nervous system doesn't need you to "fix" yourself.

It just needs you to *regulate* yourself.

And that's exactly what this does.

he Post-Chaos Reset: How to Release the Day Before It Follows You to Bed

You know that thing you do at night?

Where you lie in bed, staring at the ceiling, replaying every single thing you did wrong that day?

The email you forgot to send. The way you snapped at your kid. The client message you still haven't replied to.

And then your brain starts making lists.

Things you need to do tomorrow. Things you should have done today. Things you're probably forgetting right now.

And suddenly it's 2am and you're wide awake, heart racing, shoulders tight, wondering why you can't just turn off.

Yeah.

That's not insomnia.

That's an overloaded nervous system that never got permission to let go of the day.

I used to think I was just a bad sleeper.

Turns out, I was just carrying every single thing from the day into bed with me.

Every unfinished task. Every bit of guilt. Every moment of chaos.

My body was still in "go mode" because I never gave it the signal to stop.

So here's what I do now — and what I want you to start doing tonight:

The Post-Chaos Reset.

It's a simple, five-minute practice that releases the day before it follows you to bed.

And honestly?

It's the difference between lying awake at 3am spiraling... and actually getting some damn sleep.

Here's how it works:

Step 1: Find somewhere quiet.

It doesn't have to be fancy.

Your bed. The bathroom floor. The car in the driveway.

Anywhere you can sit or lie down for five minutes without someone needing you.

Step 2: Do a body scan while tapping.

Close your eyes and notice where you're holding tension.

Is it your jaw? Your shoulders? Your chest? Your stomach?

Gently tap on your head, your collarbone, under your arm — wherever feels right — while you scan your body.

You don't have to know the "right" spots.

Just tap somewhere and breathe.

Step 3: Name what happened.

This is the part that feels weird at first, but trust me — it's powerful.

While you're tapping, say out loud (or in your head):

Even though today was chaotic and I yelled at the kids and forgot that client email, I release it now.

Even though I didn't get everything done and I feel behind, I did my best.

Even though I'm exhausted and frustrated and guilty, I let it go.

You're not making excuses. You're not pretending it didn't happen.

You're just giving yourself permission to *release it*.

Step 4: Close with a few deep breaths and a releasing statement.

Take three slow, deep breaths.

Then say:

I let go of today. Tomorrow is new. I am safe.

And then?

You're done.

I know it sounds almost too simple.

But here's what happens when you do this:

Your nervous system gets the signal:

The day is over. You're safe now. You can rest.

And your brain stops trying to "fix" everything while you're lying in bed.

Because it knows you've already processed it.

You've already acknowledged it.

You've already let it go.

Think of it like this:

You know how your phone slows down when you have 47 tabs open?

That's your brain at the end of the day.

Every unfinished task, every moment of guilt, every bit of chaos — it's all still running in the background, draining your battery.

The Post-Chaos Reset is like closing all those tabs.

It doesn't delete the work. It doesn't erase the day.

It just gives your brain permission to stop running.

Last week, I had one of those days.

You know the kind.

Everything felt urgent. Everyone needed something. I was snappy with the kids, behind on client work, and by the time I got into bed, my brain was buzzing.

I could feel my heart racing.

My shoulders were up around my ears.

And I knew — I knew — if I didn't do something, I'd be lying there for hours.

So I got comfortable, closed my eyes, and started gently tapping on my forehead.

I didn't follow a script.

I just tapped and breathed and repeated whatever came to mind:

Calm down. Relax. Sleep now. Let it go.

Over and over, while taking slow, deep breaths.

And I kid you not — within five minutes, my body softened.

My heart rate slowed.

The mental chatter quieted.

I didn't "force" myself to sleep.

I just gave my nervous system permission to stop fighting.

And I slept.

Here's the thing I need you to understand:

You're not broken because you can't just "turn off" at night.

Your nervous system is doing exactly what it's supposed to do — trying to keep you safe, alert, ready for the next thing.

But it doesn't know the difference between actual danger and unfinished to-do lists.

So you have to teach it.

You have to give it the signal:

We're done now. We're safe. We can rest.

And that's what this practice does.

So tonight, before you get into bed, I want you to try this.

Five minutes.

Somewhere quiet.

Tap, breathe, release.

Name what happened.

Let it go.

And then notice how your body feels.

Maybe it won't be perfect the first time.

Maybe your brain will still try to sneak in a few "but what about..." thoughts.

That's okay.

Just keep tapping. Keep breathing. Keep releasing.

Because here's the truth:

You don't need to have a perfect day to deserve a peaceful night.

You don't need to have finished everything to be allowed to rest.

You just need to give your nervous system permission to let go.

And that's exactly what this does.

Where Do We Go From Here?

First of all — thank you.

Thank you for reading this.

Thank you for being here.

Thank you for caring enough about yourself to look for something that actually works.

I know how hard it is to admit you're struggling.

I know how exhausting it is to keep trying things that don't stick.

And I know how lonely it feels when everyone else seems to have it together and you're just trying to make it through the day without losing your shit.

So thank you for being brave enough to be here.

Now, here's the thing:

The three tools I just gave you?

They work.

I've used them. My clients have used them. They've helped me get through panic attacks, sleepless nights, and moments where I genuinely thought I was going to implode.

But here's what I also know:

Sometimes you need more than a book.

Sometimes you need someone to walk you through it.

To sit with you in the overwhelm and say, "Okay, let's do this together."

And that's exactly why I created the Overwhelm Buster Call.

If you want to stop feeling like you're drowning in chaos and actually experience what it feels like when your nervous system calms down, then consider booking an Overwhelm Buster Call with me.

Here's what you'll get:

✓ **A 30-minute call, just you and me.**

✓ **I'll ask you a few questions** to understand what's going on in your world right now.

✓ **We'll do a short EFT tapping session together** — so you can experience it in real-time and see if it works for you.

✓ **You'll walk away with a recording or framework** that you can use again and again whenever you need it.

And here's the best part:

You'll feel instant relief.

I'm not exaggerating.

Every single person who's done a session with me has immediately felt calmer.

Their shoulders aren't up around their ears anymore.

Their chest isn't tight.

Their brain isn't screaming.

And a lot of the time, they didn't even realize how much tension they were holding until it was gone.

You've been tense for so long, you don't even know what "relaxed" feels like anymore.

But you deserve to remember.

So if you're ready — if you're done with the overwhelm, the chaos, the feeling like you're constantly one step behind — then book your call.

You can find the link [INSERT LINK HERE].

It's free.

It's low-pressure.

And it might just be the thing that finally helps you breathe again.

Last year, something terrifying happened.

Well, terrifying for me, anyway.

I was at the local gym — just a regular member, minding my own business — when the manager pulled me aside.

They were short on staff.

Really short.

And they asked if I'd be willing to take some fitness classes to help them out until the new year.

Now, here's the thing:

I'm a qualified personal trainer.

I've done this before.

But it had been five years.

Five years.

And in that time, I'd become the biggest introvert you've ever met.

Hiding in the background?

That's my happy place.

Speaking in front of crowds?

Being the center of attention?

Absolutely not.

But I said yes anyway.

Because part of me was excited.

And part of me knew that if I didn't push myself, I'd stay hidden forever.

The first class was brutal.

Not physically.

Mentally.

I stood at the front of the room, mic on, music playing, people staring at me, waiting for me to tell them what to do.

And I felt like I was back on day one of my personal training certificate.

Like a squeaking mouse in the corner that no one could hear.

My voice was shaky.

My instructions were all over the place.

I kept forgetting what came next.

And the whole time, my brain was screaming:

What are you doing?

You're not qualified for this anymore.

Everyone can see you're faking it.

Everyone can see you're faking it.

But I got through it.

Barely.

And you know what happened?

I went back the next week.

And the week after that.

And slowly — slowly — something shifted.

My voice got stronger.

My instructions got clearer.

I stopped second-guessing every single move.

And by the end of those few weeks?

I wasn't just getting through the classes.

I was actually enjoying them.

I'd gained a tonne of confidence.

Not because I suddenly became an extrovert.

Not because I "fixed" my fear of being seen.

But because I took the chance anyway.

Here's what I've learned:

It's really tempting to stay comfortable.

To stay hidden.

To wait until you feel "ready" or "confident" or "good enough."

But here's the truth:

You'll never feel ready.

Not really.

The people who get the results — the clarity, the calm, the confidence — aren't the ones who wait.

They're the ones who take action even when they're terrified.

Even when their brain is telling them a thousand reasons not to.

Even when they feel like a squeaking mouse.

And I can tell you right now:

If I hadn't raised my hand that day at the gym, I wouldn't have that confidence back.

I wouldn't have proven to myself that I could do hard things.

I'd still be hiding.

Still waiting.

Still wishing I was brave enough.

And look, I'm not saying you have to go teach a fitness class or put yourself in front of a crowd.

That's not the point.

The point is this:

The thing you're avoiding right now — the thing that feels too hard, too scary, too overwhelming — is probably the exact thing that's going to change everything for you.

Maybe it's booking that call.

Maybe it's trying EFT for the first time.

Maybe it's just admitting out loud: I need help, and that's okay.

Whatever it is, I promise you this:

Taking action — even messy, imperfect, terrified action — is always better than staying stuck.

So here's what I want you to do:

If this book resonated with you — if any part of it made you think, God, that's me — then don't just close it and move on.

Do something.

Book the Overwhelm Buster Call if you're ready.

Try the breath-and-break reset the next time you're spiraling.

Tap on your collarbone tonight before bed.

Hell, even if you don't do anything with me, just do something.

Because action-takers are the ones who get the rewards.

Not the perfect people.

Not the "ready" people.

The ones who take the chance anyway.

And if you do book that call?

I'll be there.

No judgment.

No pressure.

Just you, me, and a few minutes of tapping to help your nervous system finally calm the hell down.

Ready to take the next step?

Book your free Overwhelm Buster Call here:

<https://calendly.com/beautifulmornings/30min>

Let's do this together.