Season 1 | Episode 8: Expanding Capacity & Minimum Viable Actions

Aguided companionfordown-regulatingthesympatheticnervoussystemandbypassingthebrain's panic response tolargetasks.

TOOL #1 | THE SOMATIC & NERVOUS SYSTEM ACTIVATION RESET

Create a deeper physical awareness of bodily patterns and actively build space and capacity back into your nervous system so incoming tasks stop triggering a freeze response:

Part 1: The Physiological Sigh: Take a deep breath in through your nose, take a tiny second sip of air at the very top, and let out a long, heavy, vocal sigh through your mouth. Repeat twice to instantly change the oxygen-to-carbon-dioxide ratio and signal safety to your brainstem.

Part 2: The Horizon Scan: Without moving your head, let your eyes drift all the way to the right into your peripheral vision for 5 seconds. Then, let your eyes drift all the way to the left, keeping your head straight, holding for 30-60 seconds. This eye movement stimulates the vagus nerve.

Part 3: The Cross-Body Squeeze: Cross your right hand over your chest to firmly grip your left shoulder. Take your left hand and grip your right arm or ribs. Give yourself a firm, grounding squeeze to remind your brain exactly where your body exists in space.

YOUR REFLECTION:

Pause. Notice. Reflect.

Clear Path Psychotherapy | 1418 Stittsville Main Street, Ottawa, ON, K2S 1V7| (343) 321-1430 | clearpathpsychotherapy.online

TOOL #2 | THE "MINIMUM VIABLE ACTION" BRACKET

To break the cycle of executive overload, lower the barrier to entry so incredibly low that your nervous system doesn't register the task as an actual threat. Draw a bracket around the absolute smallest, micro-step possible:

- **Don't try to 'clean the kitchen':** Just wash three forks. If you stop after three forks, you win an instant reward.
- **Don't try to 'write the report':** Just open the document and type a single sentence. Even if it's a terrible sentence.
- **Don't try to 'go for a run':** Just put on your socks.

Bypass the brain's panic response. An overloaded prefrontal cortex will fight a major task, but it won't fight you over three forks. Initiation releases a tiny drip of dopamine, unlocking the rest of the task.

YOUR REFLECTION:

Pause. Notice. Reflect.

Clear Path Psychotherapy | 1418 Stittsville Main Street, Ottawa, ON, K2S 1V7| (343) 321-1430 | clearpathpsychotherapy.online