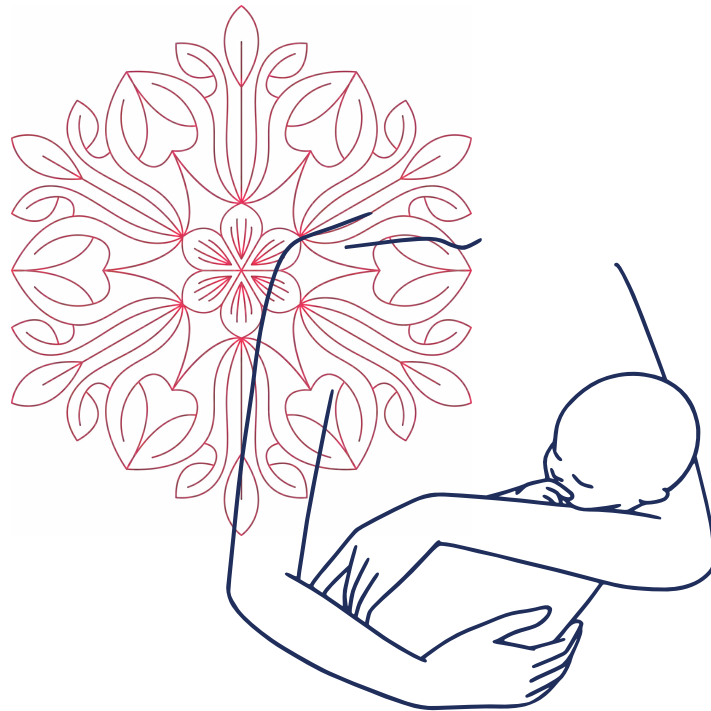




Calming Strategies for Sensory Overload



Because women deserve pelvic care that focuses on their
mind · body · soul

About Rachel

Rachel is an Occupational Therapist who specializes in women's health, nervous system regulation, and pediatrics in pelvic health.

She has over 14 years of experience and prides herself on her holistic & functional approach.

She focuses on combining mental & physical health when it comes to pelvic floor therapy. She hopes to teach you functional ways to move your body.



Our Philosophy

women deserve pelvic care that focuses on their:
mind · body · soul

Rooted Pelvic Wellness

1392 High Street, Suite 210, Wadsworth, Ohio, 44281

Located in Soul Purpose Wellness

Check out our website



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PELVIC FLOOR THERAPY

A pelvic floor therapist is an occupational or physical therapist who has completed specialized courses and education to perform internal and external assessments of the pelvic floor structures.

This field helps women and men improve issues such as urinary and bowel continence, lower back/hip pain, diastasis recti abdominis, pain during intercourse, regional pelvic pain, and more.

Common Women's Health Conditions We Treat:

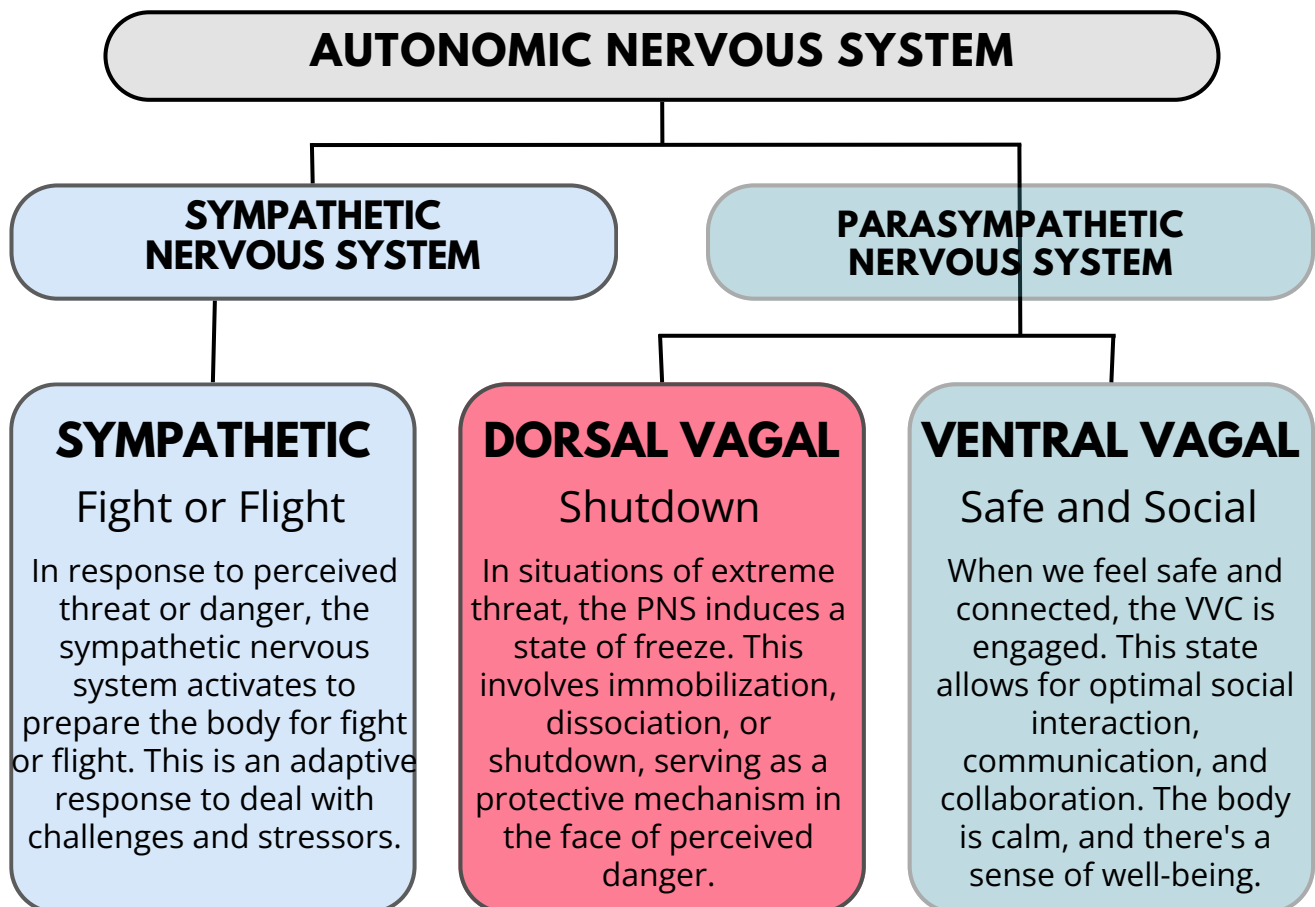
- Pregnancy
- Post-Partum
- Perineal scars (from tears or episiotomy)
- Diastasis Recti Abdominis (ab separation)
- Urinary incontinence (urge and/or stress)
- Urinary urgency
- Pain in pelvis, hips, back, and neck
- Constipation
- Pain during intercourse
- Endometriosis
- Vulvodynia
- Vaginismus
- IC (Interstitial Cystitis)
- Pelvic Organ Prolapse
- PCOS (Polycystic Ovarian Syndrome)
- Fecal incontinence
- SPD (Symphysis Pubis Dysfunction)
- Round Ligament Pain

Many of these "conditions" (especially pregnancy & postpartum) don't require anything to be symptomatic to come and work with us. If you're pregnant/postpartum, an athlete, or even just want a general pelvic floor check-in, we're here to help!

Polyvagal Theory

Polyvagal theory, developed by Dr. Stephen Porges, explains the autonomic nervous system's (ANS) role in regulating our physiological and emotional states, particularly in response to stress and social interactions.

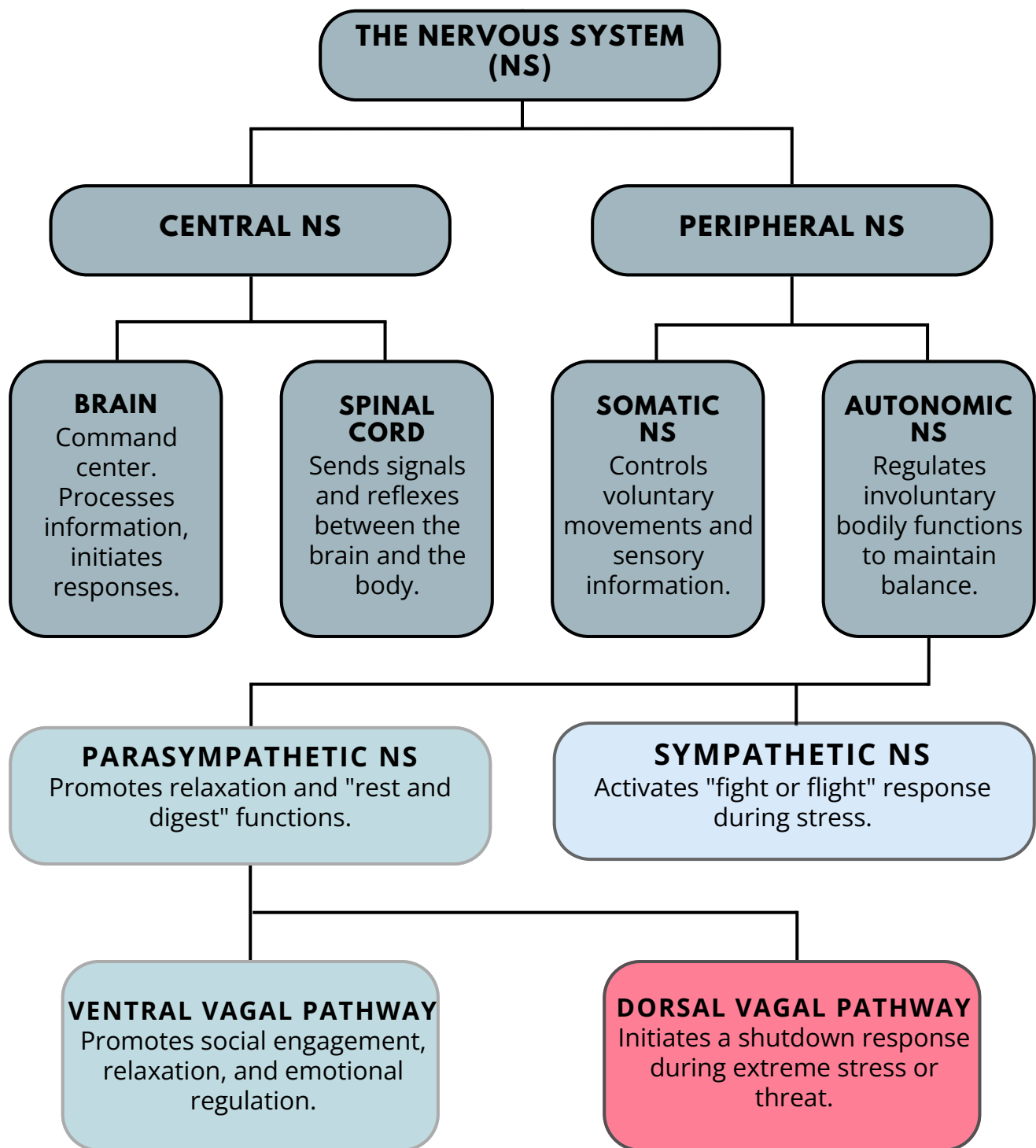
The ANS consists of two branches: the sympathetic nervous system (SNS) and the parasympathetic nervous system (PNS). The PNS divides into two components: the ventral vagal pathway, which is associated with social engagement and connection, and the dorsal vagal pathway, which is linked to shutdown and conservation behaviors.



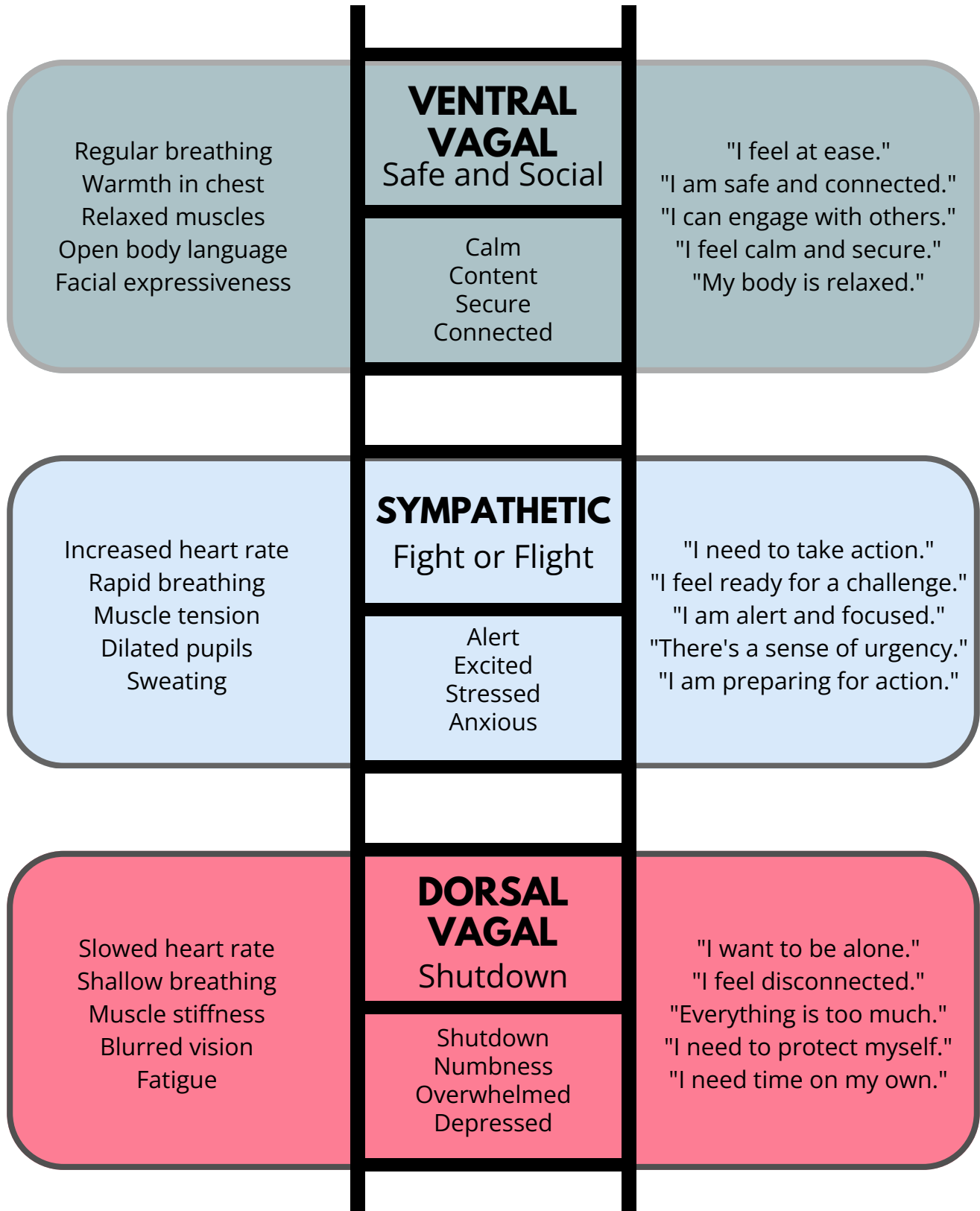
In summary, polyvagal theory provides a framework for understanding the autonomic nervous system's role in shaping our responses to stress and social interactions, and gives us valuable insights into developing strategies to shift from states of stress or shutdown to states of social engagement and connection.

The Human Nervous System

"The human nervous system plays a fundamental role in shaping our responses to the world around us. The Polyvagal Theory proposes three distinct states, each associated with different branches of the vagus nerve.



The Polyvagal Ladder



Self-Regulation Strategies



Practice grounding exercises, gentle movement, and self-soothing activities.

Deep breathing, mindfulness, and physical activity to release excess energy.


Foster positive social connections, practice active listening, engage in joyful activities.


Creating a Personalized Toolkit


Recognize triggers, situations, or stimuli that may activate stress responses.

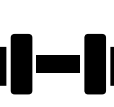
Try different self-regulation techniques to discover what works best for you.


Integrate self-regulation practices into your daily routine for ongoing stress management.


 **Body Awareness:** Pay attention to physical sensations, especially signs of tension or relaxation.


 **Breathing Exercises:** Practice deep, slow breathing to activate the calming effects of the vagus nerve.

 **Mindfulness:** Cultivate a present-moment awareness to regulate emotional responses.


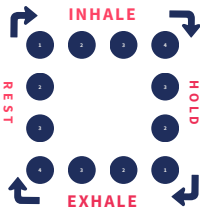

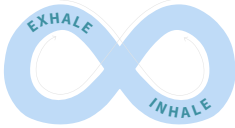

 **Physical Activity:** Engage in regular exercise to release built-up tension and promote overall well-being.

 **Social Connection:** Prioritize positive social interactions to activate the ventral vagal state.


 **Grounding Techniques:** Ground yourself in the present moment with activities like focused attention on the senses.


 **Establishing Boundaries:** Recognize and communicate personal boundaries to maintain a sense of safety.


Breathing Techniques Cheat Sheet

Type of Breathing	Technique	Practice and Notes:
<p>Lengthen the Exhale</p> 	<p>Forcibly, push all the air out of your lungs, then let your lungs naturally fill up with air. Next, inhale for a count of 4 and then exhale for a count of 6. Repeat this for 2 to 5 minutes.</p>	<p>Note how your body feels before and after.</p>
<p>Box Breathing:</p> 	<p>Inhale for a count of 4. Hold your breath for a count of 4. Exhale for a count of 4. Pause without breathing for a count of 4. Repeat the cycle.</p>	<p>Note any changes in your stress levels.</p>
<p>Lion's Breath</p> 	<p>Inhale through your nose. Open your mouth wide, stick out your tongue, and stretch it to your chin. Exhale forcefully and make the sound of a lion. Breathe normally for a few moments. Repeat 4 - 6 times.</p>	<p>Record any thoughts or sensations.</p>
<p>Lazy-8 Breathing</p> 	<p>Imagine an 8 on its side. Start in the middle and trace up the right part of the 8 while you inhale. When you reach the middle, exhale as you trace the left part of the 8</p>	<p>Reflect on the balance it brings to your mind and body.</p>
<p>Finger Breathing</p> 	<p>Trace around the thumb and fingers of your outstretched hand. From base of thumb to tip, inhale; from the tip of your thumb to the base on the other side, exhale. Repeat around the whole hand.</p>	<p>Describe how your body feels before and after.</p>

Grounding Technique Cheat Sheet

	5 things you can see	1	
		2	
		3	
		4	
		5	

	4 things you can hear	1	
		2	
		3	
		4	

	3 things you can touch	1	
		2	
		3	

	2 things you can smell	1	
		2	

	1 thing you can taste	1	
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Your Self Care Routine

Morning Routine:	List activities to start your day positively. For example, morning stretches, enjoying a nutritious breakfast, prayer, mindful breathing or meditation.	
Work/School Hours:	Plan activities for during work or school hours to maintain balance. For example, short breaks for stretching, hydration reminders, brief walks or outdoor breaks	
Afternoon Energizer:	Include activities to boost your energy in the afternoon. For example, quick workout or exercise, listening to uplifting music, a healthy snack	
Evening Relaxation:	Plan activities to unwind and relax in the evening. For example, warm bath or shower, reading a book or practicing a hobby, gentle stretching, prayer or meditation	
Nighttime Routine:	Establish activities to prepare for a restful night. For example, dimming lights before bed, journaling on the day, avoiding screens before bedtime	
Weekly Self-Care:	Allocate time for self-care activities during the week. For example, weekly exercise class, a hobby or creative activity, connecting with friends.	
Goal Setting	Include tasks or activities that bring a sense of accomplishment. For example, setting daily goals, completing a task on a to-do list, reflecting on achievements	

Notes