



## *The Workbook*

# 3 DAY MINDBODY CHALLENGE



# *Welcome!*

My name is Ashley Long, and I'm the founder of Thrive Again Coaching. I'm so excited you're here and taking this step of trying the 3-Day MindBody Challenge. Mindbody methods are all about helping your brain and body shift out of survival mode and into a state of safety, calm, and balance. When your nervous system feels safe, your body finally has the space to heal, regulate, and release long-held stress patterns, opening the door to relief from chronic pain and chronic symptoms.

I know this is possible because I've lived it. After more than 30 years of chronic symptoms and illness, I found my way back to health through MindBody practices. And now, I'm honored to help you begin that transformation too.



# 4 KEY AREAS OF FOCUS

I use 4 key foundational areas of focus;

- ↳ **Knowledge** (understanding the why behind symptoms)
- ↳ **Somatic Practices** (ways to bring safety to the body)
- ↳ **Beliefs / Mindset** (ways to bring safety to the brain/mind)
- ↳ **Emotional Release** (ways to bring safety for processing emotions)

## TIPS FOR SUCCESS

In order to get the most out of this challenge, make sure you participate in each part, stay engaged, try to eliminate distractions as much as possible, and watch all available videos.



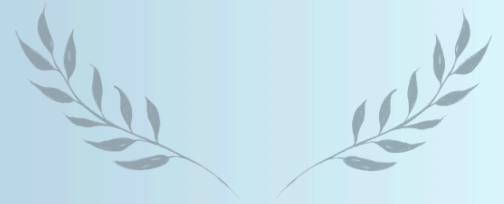
# Day 1



## Knowledge

### What are MindBody, TMS, (or neuroplastic) symptoms?

-Physical symptoms, (like chronic pain, digestive issues, fatigue, autoimmune reactions) come from the brain when it senses danger. There is NOTHING wrong with you, it's just your brain staying stuck in a danger response and thus sending symptoms. [Click Here](#) for "What is MindBody symptoms in under 60 seconds!" video.



### Take the Neuroplastic Symptom online assessment ...

 [Click Here.](#)



## Somatic Practice

Breath work brings safety by calming the nervous system and shifting from the "fight-flight-freeze" response to the "rest-and-digest" response, which lowers stress hormones, heart rate, and blood pressure. The brain likes oxygen!!



[Click Here for Breathing Exercises](#)



## Beliefs / Mindset and Emotions



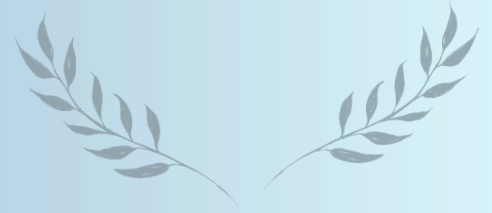
**Reflection:** Notice one moment today when you felt present, calm, a positive change in symptoms or emotions. This is showing the brain evidence for positive changes and shifts. This can be done with anything, not just symptoms.

Journal about all of the above.



## Knowledge and Mindset

# Day 2



It is so important to start the day with safety and calm so the brain is more receptive and expecting of positive input throughout the day. The first thing you do and think in the morning dictates the rest of your day in energy, productivity, and goals. Below is a Morning Motivational Meditation.

[Click Here for the Morning Motivational Meditation](#)



## Somatic Practice

Getting outside in nature does wonders for the brain and body. Go for a walk today and absorb it with all five senses. Listen to the birds and leaves, feel the breeze and warmth, and notice what is around you, even the smallest details. If weather is not permitting, watch a video of nature and imagine you are experiencing it!



## Somatic Practice

Somatic tracking is a MindBody method of teaching your brain that the symptoms you have are safe and not dangerous in order to turn off the danger signal stemming to the body. It is best to use somatic tracking when there is a symptom present and not too severe, but tolerable.

[Click Here for the Somatic Tracking Exercise](#)



## Beliefs / Mindset



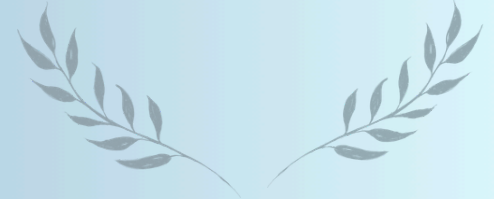
**Reflection:** Do you believe healing is possible for you?  
Do you think that something is broken or wrong with you?

Take time to write down OR visualize what you want your future outcome to be. Try to FEEL what that is like to have it now.



## Knowledge

# Day 3



We all know the saying “practice makes perfect”. But why is practice and consistency so important? The more we do and think something, the stronger the neural pathway in the brain becomes. Eventually that neural pathway (or brain signal) becomes automatic and a part of a habit and routine. This is also called a conditioned response. Let’s make our conditioned responses point to safety instead of fear!



## Emotional Release

Emotions are literally ENERGY- IN - MOTION. When we hold in our emotions, it’s holding in a lot of energy that needs to flow through and this creates a lot of inner pressure and unbalance. Take some time to write out all your thoughts, frustrations, and emotions (uncensored) and feel them. If you need to cry or punch a pillow, do it! After you are done writing, shred it up, throw it away, and know it has been released. If an emotion comes up throughout the day, allow it to be and feel it, even if that means excusing yourself to be alone.



## Everything!

Heart Coherence is a MindBody practice that syncs up the brain and heart in a healthy communication which produces a state of internal peace and balance. It affects our heart rate variability, emotional state, nervous system, and mental clarity.



[Click Here for a Heart Coherence Meditation.](#)

\*If you want to know more.. visit the [Heart Math Institute website.](#)



## Beliefs / Mindset



**Reflection:** Evidence Journaling - Take time each day to record what is going well and any evidence of improvements in symptoms, mindset, or emotions. Think back to when you were in the act of some of the Mindbody practices. This encourages the brain to repeat the feeling and action. Know there truly is hope instead of sending the danger signals or fear based thoughts.



## *Bonus : Visualizations*

Visualizations are so powerful because it helps the brain experience what is yet to come. When you incorporate your senses and emotions into the visualization, that allows the brain to perceive it as reality in the here and now. Try to feel it, try to feel the new you! The more we visualize something and believe it, the more the brain will look for it, notice opportunities of it, and be motivated to keep working towards it! True faith in something is the assurance of what is hoped for and the evidence of things not yet seen.

[Click HERE for an Italy visualization - \(free of symptoms\).](#)

[Click HERE for a spiritual visualization \(Christ focused\).](#)

Don't allow the overwhelm of symptoms control your life! Reach out for support. Healing is possible!



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