

Your Nervous System Is — Your True CEO —

The Leadership Reset for Sustainable Performance and Presence

By Dr. Andrea Arlington, *NeuroSomatic™ Strategist*

Free Guide: The Neuro-Somatic Reset — 5 Micro Tools to Reboot Your Brain & Body in Minutes

HOW IT WORKS



Nervous System



Pattern



Behavior

The Hidden Reason You Still Feel Overwhelmed — Even When You're Doing Everything “Right”

- You've read the books.
- You've done the work.
- You understand your patterns, your boundaries, your goals.

And yet — when pressure hits,

- Your body still tightens.
- Your breath shortens before the meeting starts.
- You second-guess yourself mid-conversation.
- You lie awake, replaying what you should have said.

This isn't a mindset problem. It's a physiological one.

Because your nervous system — not your mindset — is running the show.

When your body still believes it's under threat, no combination of strategy, therapy, or affirmations will create sustainable change.

That's not failure. That's biology.



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When your nervous system trusts you, leadership flows naturally.



THE SCIENCE OF INTEGRATION

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Your nervous system learns through experience, not explanation.

Understanding your patterns is valuable — but insight alone doesn't change your state.

The body learns safety through sensation: movement, breath, touch, and presence.

Each time you give your nervous system a calm signal, it collects new evidence —

“I’m okay. I can handle this.”

That’s how regulation happens — not in theory, but in real time. When your physiology feels ready, your mind finally believes it. That’s the moment you shift from reactive to responsive.

*“Before clarity comes composure.
Before composure comes regulation.”*



Rotation Assessment

(Your before-and-after check-in)

Before we start the tools, let's take a quick snapshot of how your nervous system feels right now.

1. Stand tall.
2. Extend your arms forward, clasping your hands together with pointer fingers aligned straight out from clasped hand and pointing straight ahead.
3. Slowly rotate your torso to the right, then to the left.
4. Notice where your eyes land and whether one side feels tighter or shorter.

We'll come back to this after each tool to see what's change

Why This Tool Works

When your body feels safe and relaxed, movement becomes fluid.

Your torso can twist easily, your shoulders glide, and there's no sense of strain.

Think of someone under anesthesia on an operating table:

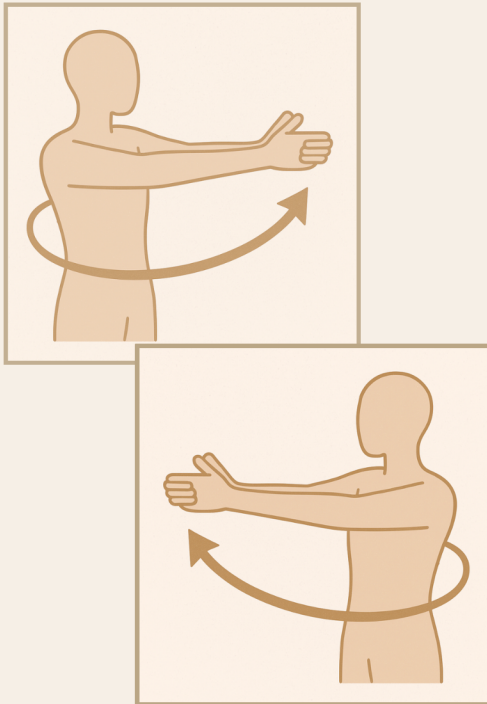
Their doctor could move their limbs, spine, or shoulders through a full range of motion — because there's zero tension in the nervous system.

That same principle applies here.

When your nervous system relaxes, your muscles stop guarding.

The body no longer braces for impact or tries to “protect” you from imagined threat.

So, if your range of rotation improves after a NeuroSomatic Reset tool, that's your body showing you — in real time — that it's shifting out of defense and back into flow.



How to Track It:

- Do your first rotation check before starting any tool.
- Repeat it after each one.
- Notice the difference — even 5–10 degrees of extra movement means your system is letting go of tension and recalibrating toward readiness.

Leadership Note:

You can't lead clearly when your body is still braced for danger. Rotation is one of the simplest ways to see your system move from pressure to presence.

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Step 2 — Eyebrow Hold + Baby Circles (Cranial Calming):

How:

Pinch gently along your eyebrow ridge beginning at inner brow to the outer third.

Gently hold until you feel a small change—a deeper breath, blink, or sigh.

With your two fingers, make ten tiny slow circles each direction.

Repeat on the other eyebrow, then re-test rotation.



TARGETS:

Trigeminal nerve (CN V) and parasympathetic pathways

WHY IT WORKS:

The trigeminal nerve (cranial nerve five) carries touch signals from your face to parts of the brain that control stress and relaxation.

When you use gentle pressure and slow circles on your eyebrows, it sends a message through this pathway that helps your body ease out of tension and into calm.

Research on trigeminal nerve stimulation shows that touching or stimulating this area can affect blood flow, balance your body's stress system, and support better focus and rest.

In simple terms — when your face feels softness, your brain understands:

It's okay to relax now.

LEADERSHIP NOTES

You can't lead clearly when your mind is racing.

Calming your brow helps calm your thoughts — and when your face relaxes, your message softens too.

When your gaze steadies, your whole system follows.

*That's when **trust, clarity, and calm confidence** flow again.*



Step 3 — Aroma + Unilateral Nasal Taps (CN I Reset)

How:

Hold a mild essential oil, incense, or a fragrant piece of fruit under one nostril and gently plug the other.

Tap lightly just above the bridge and on the same side as you inhale — about ten taps.
(Pause when you feel a small internal shift — a sigh, or breath change.)

Switch sides and repeat.



RE-TEST

using the rotation assessment tool on page 3.

Targets: Olfactory nerve (CN I) → Limbic system (emotion + memory)

WHY IT WORKS

Smell reaches the emotional brain first. Tapping adds sensory input that boosts alert calmness. This resets both focus and composure — your brain learns that calm and alert can coexist.

LEADERSHIP NOTE:

One inhale can set your meeting tone.



Step 4 — Tongue Cheek Circles (CN XII Reset)

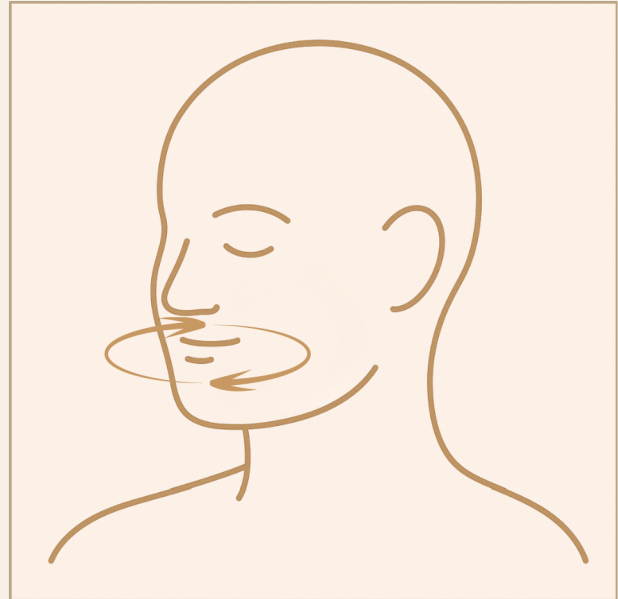
HOW:

Place your tongue between your gums and upper lip.

Sweep a big circle along the upper gums toward your ear, then down along the lower gums and back toward the opposite ear.

Make 3–4 slow circles in one direction, then switch.

Notice when your system naturally begins to settle before changing sides.



You can decide how slow or fast you wish to go. Try to notice when your internal system settles before you switch directions.

RETEST ROTATION:

Use the rotation assessment tool on page 3.

TARGETS:

Hypoglossal nerve (CN XII) and vagus nerve co-activation.

WHY IT WORKS:

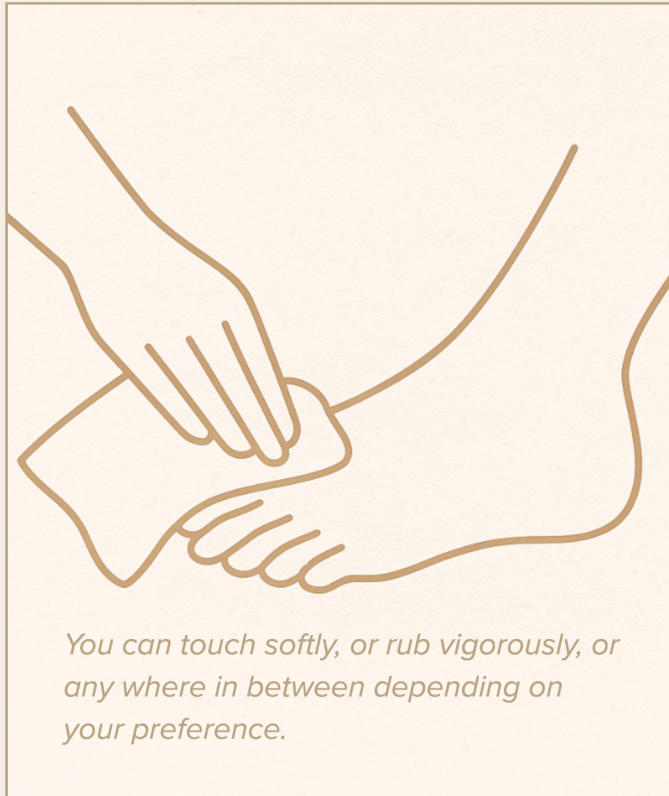
The tongue connects to the same cranial network that affects voice and focus. Moving it resets jaw tension and steadies breathing.

LEADERSHIP NOTE:

Loose jaw, loose thinking — tight jaw, tight thinking.
When your jaw releases, your thoughts can move again.



Step 5 — Foot Brushing (Vagal Grounding)



HOW:

Get barefoot and use a soft cloth or brush.

Gently stroke back and forth along the inner arch from heel to toe, then move to your heel, outer foot, and sole in a slow figure-eight.

You can also brush the top of your foot between the bones and over the toes if you like.

While doing this, don't look at your foot — let your body feel the map of it from the inside.

RE-TEST ROTATION

Using the rotation assessment tool on page 3

TARGETS:

Somatosensory and proprioceptive pathways + vagus nerve grounding

WHY IT WORKS:

Clear sensory input from your feet tells the body, “I have footing.”
This restores balance and confidence from the ground up.

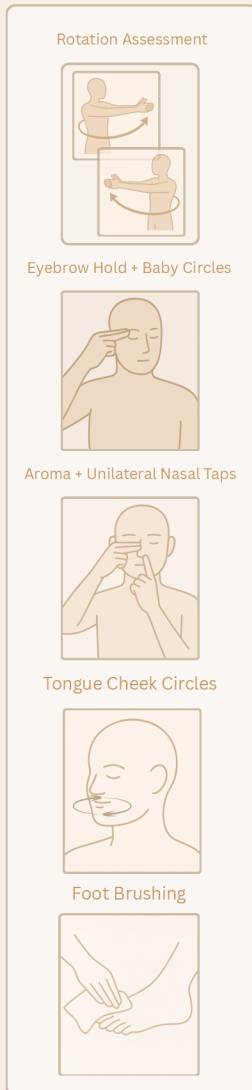
LEADERSHIP NOTES:

Find the floor, and the room finds you.
Grounded leaders orient everyone around them.



SECTION FOUR — INTEGRATION

Your Personal Reset Button



Each of these micro-tools helps your nervous system re-orient so you're not leading from tension but from presence.

Notice which step gave you the biggest change—that's your personal reset button.

USE IT:

- Before a high-stakes call,
- After back-to-back meetings,
- As a nightly wind-down.

FROM HEALING TO LEADERSHIP

In my women's work, I call this Reclaiming the Throne™—the process of becoming who you never had the nervous system capacity, permission, or modeling to be.

In leadership settings, it's the same foundation: reclaiming your capacity to lead from regulation, not reactivity.

When you build this steadiness within yourself, your team, your family, and your world begin to mirror it back.

Lead from calm, not overdrive.

Explore NeuroSomatic Leadership workshops and coaching at
andreaarlington.com

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Regulation is Your New Strategy

The Science of Self-Trust™ teaches high-achieving women and leaders how to restore steadiness from the inside out —

so their brain and body can work together under pressure, without burnout.

Because leadership isn't just mental — it's biological.

When your nervous system is regulated, your decisions, presence, and performance elevate naturally.

Ready to lead from your physiology up?

Explore **NeuroSomatic™ Leadership coaching** and workshops at andreaarlington.com

*Your nervous system
is your true CEO.*

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When your nervous system trusts you, your readiness returns.