

# 7 Gentle Steps to Calm Trauma & Anxiety Naturally

## A Compassionate Guide to Nervous System Healing

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### A Gentle Welcome

If you are reading this, something inside you is seeking calm, safety, and relief.

Perhaps you feel anxious, overwhelmed, emotionally exhausted, or stuck in survival mode. Perhaps your nervous system feels constantly alert, tense, or shut down.

**There is nothing wrong with you.**

Your mind and body have simply learned to protect you.

This guide offers gentle, trauma-informed tools to help your nervous system slowly return to safety — without pressure, force, or emotional overload.

### Step 1 – Understand What Trauma Really Is

Trauma is not what happened to you.

**Trauma is what happens inside your nervous system as a result of overwhelming experiences.**

These are intelligent survival responses — not weakness.

### Step 2 – Gentle Breathing for Nervous System Safety

#### ■ 4–6 Safety Breathing

Inhale gently for 4 seconds  
Exhale slowly for 6 seconds  
Repeat for 2–3 minutes.

### Step 3 – Orienting: Bringing Safety Into the Present

5 things you can see  
4 things you can feel  
3 things you can hear  
2 things you can smell  
1 thing you can taste

### Step 4 – Soothing the Body Before the Mind

Warm drinks, gentle stretching, warm showers, soft blankets, slow walking.

## **Step 5 – Emotional Permission**

“This is difficult — and I am safe right now.”

## **Step 6 – Daily Nervous System Hygiene**

Gentle breathing, short walks, sunlight, music, rest, emotional boundaries.

## **Step 7 – Safe Support Changes Everything**

You deserve support. You deserve compassion. You deserve peace.

## **A Gentle Invitation**

You can book a free 15-minute consultation at:  
[www.lindacjturner.com](http://www.lindacjturner.com)